



# TOWN LANE INFANT SCHOOL



**Sleep  
cont...**

If your child is frequently waking during the night, it is important that they learn to self-settle rather than seeking a parent or joining a parent in their bed. We understand that this can be difficult to enforce and can be emotionally challenging! Where possible, parents should remain firm and assertive. If your child wakes during the night, try not to engage in any conversation but lead them quietly and immediately back to their bed. This may need to be repeated several times each night but it is important that your child learns that they will receive the same response from you each time.

Praising your child the following morning for staying in their own bed all night can help to reinforce good sleep behaviour; this can be aided by a sticker/smiley face chart or a small token reward.

Remember that every child is different and their sleep will vary based on their age, genetics and cultural differences. Therefore, not all approaches work equally for all children – there is an element of trial and error.

If your child complains that they are hungry at night time, try giving them a small bowl of cereal and milk before bed (ensuring that they brush their teeth afterwards). (NHS.uk)

If struggling to sleep at night, children under the age of 5 should try to avoid afternoon naps.

Feeling scared is a common reason why children can not get to sleep. Try to avoid scary or violent movies, TV, video games and even scary books in the evening.

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://thesleepcharity.org.uk/information-support/children/>

<https://www.wsh.nhs.uk/CMS-Documents/Patient-leaflets/PaediatricDepartment/6339-1-Sleep-a-guide-for-school-age-children.pdf>

If you have specific questions or concerns in relation to your child's sleep, then please consult your GP.