

Episode 6 - Kerry

Sleeping Well

Getting good quality sleep is vital for your child's growth and development – especially brain development. Here are some tips to help them drift off.



Set a good bedtime routine

Having a structure creates predictability for your child and supports their emotional wellbeing, because they know what's coming next. Remember to stick to the routine as much as possible. If you agree on a bed time drink, then one story before your little one goes to sleep, keep to just the one story.

Reduce stimulation

The hour right before your child's bedtime is a 'golden hour' of opportunity to wind down. During this hour, keep physical activities and screen time to a minimum, especially programmes with lots of noise or action. Read stories, have a chat, sing lullabies, and don't initiate anything that requires your little one to concentrate too hard, as this will keep their minds active.

Talk to your child about their day

A busy mind makes it hard to fall asleep. For older children, having a calm conversation before bedtime helps them to air their thoughts or tell you something they have been itching to say all day. It's similar to us journaling before we go to sleep, or venting to a friend or partner.

Put your baby to sleep while they are still awake

For the most part, babies sleep whenever they want to. But when you can, try to put your baby down to sleep while they are still awake. This reduces the surprise for them when they wake up; if the last thing they remember is being cuddled and then they wake up alone. Over time, this technique can help your toddler to start being aware of where they are (their bed) and remember that this is where they sleep. This helps to lay the early foundations of that bedtime routine.