

### Helping your child get a good night's rest with good sleep habits

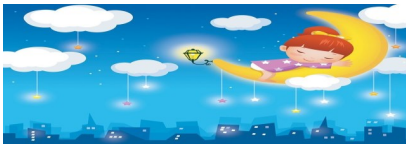
School age children typically need 10 to 12 hours of sleep at night

Sleep helps our body to rest and recover

Sleep is also crucial for children's mental and physical development, it can have a positive impact on their mood, ability to focus and their physical growth.

Lack of sleep can cause irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can also contribute to anxiety and depression.

Keeping a bedtime routine and set time for going to bed can help kids feel secure and reduce anxiety



### Here are some helpful tips for helping your child get a good nights sleep

- ✓ Create a bedtime routine. Create a bedtime routine with your child such as first we wash our face, then brush our teeth, put on our pajamas, cuddle and read a story and then its time for lights out
- ✓ Allow your child to have some input on the steps of the routine or the story to read or arranging their bed for comfort
- ✓ Remove all items that could distract or impede your child's ability to go to sleep such as electronics or games
- ✓ Electronic screens are a bad idea before bed because the light stimulates the brain and can keep them awake
- ✓ Find ways to make their bedroom soothing and comfortable such as a night light, sound machine or using an essential oil such lavender oil
- ✓ Also remember that exercise and physical activity during the day can help improve your child's sleep at night



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