

Mindfulness moments!



This week is all about 'Sleeping!'

Getting enough sleep is vital to your child's growth and development, not to mention your own sanity! Studies have shown that sleep-deprived children get injured more often, they get sick more easily, their concentration suffers- and so do their moods. It is recommended that children aged between 6-11 years old get between 9-11 hours of sleep per night. Try these 6 tried-and-true strategies to help them drop off and create healthy sleeping habits that will continue with them through to adulthood:

<p><u>Watch food & drink consumption</u></p> <p>Large meals can make it difficult to sleep, so give your child some time between dinner and bedtime to digest. Make sure your child stays away from sweets before bedtime and has no caffeine at least six hours prior to going to sleep.</p> 	<p><u>Peace & quiet</u></p> <p>Avoid stimulating activities after dinner. This isn't the time for a game of ball or loud playing. It's a time to relax, sing songs, listen to music, or talk about your day.</p> 	<p><u>Give advance notice</u></p> <p>Let your child know that bedtime is approaching, whether it's an hour or five minutes away. This puts them in the right mindset and lets him finish any tasks at hand.</p> 
<p><u>Make their room a place they enjoy</u></p> <p>Your child's room should be a place of comfort, joy, and relaxation -- a place they want to spend time in. The temperature should be comfortable, and their clothes and blankets shouldn't restrict movement.</p> 	<p><u>No television or computers at bedtime</u></p> <p>Studies have shown that kids who have televisions and computers in their rooms have a tendency to get less sleep than those who do not. Setting a strict turn-off-time is a way to deal with this if there is a tv in your child's room.</p> 	<p><u>Establish a night-time routine</u></p> <p>Create a routine that's enjoyable and that your child will associate with bedtime. It should be a manageable length of time, about 20 to 30 minutes a night, and can involve elements that you and your child deem important (bath, story, cuddling, lights out, etc). Relaxing books offer a wonderful way to set the mood and to show your child the value of reading.</p>

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.