

Supporting our pupils' Mental Health and Wellbeing



Sleep — Getting enough sleep is an essential part of our healthy well-being. As adults, we all know that more sleep is better for us but it is often difficult, especially at the moment with changing lifestyles and challenges. But it is critical for children. While it's true that sleep needs vary from one person to another, there are some guidelines available to help you determine whether your child is getting the sleep he or she needs to grow, learn, and play.

The illustration below shows the NHS's recommended approximate hours of sleep needed by children of different ages.

Daytime: 0 to 45 minutes Night-time: 11 hours 30 minutes to 12 hours	Night-time: 11 hours 30 minute	Night-time: 11 hours	Night-time: 10 hours 45 minutes	Night-time: 10 hours 30 minutes	Night-time: 10 hours 15 minutes	Night-time: 10 hours	Night-time: 9 hours 45 minutes	Night-time: 9 hours 30 minutes
3 Years	4 Years	5 Years	6 Years	7 Years	8 Years	9 Years	10 Years	11 Years

Sleep is important to children for the following reasons:

- **Our brains need sleep.** Children process and consolidate their thoughts and memories during sleep, and it helps remove toxins from our brain that build up while we are awake. Without sleep, we can't form new pathways in the brain that help us learn new things.
- **Our bodies need sleep.** Sleep is necessary for muscle growth and repair. Some growth hormones are secreted and synthesized during sleep. Poor sleep can be associated with poor physical health and it also helps our immune system and we are more prone to colds when we are sleep deprived.
- **Sleep isn't just about quantity.** Quality is important, too. Poor sleep *quality* is associated with lower learning potential. It can make children more moody, angry, and anxious.
- **There are significant benefits when we get enough sleep.** Good quality sleep is associated with greater ability to focus. Children are better able to solve problems, are more creative, and do better socially when they are well-rested.

Some suggestions to help improve your child's sleep pattern:

1. Know how much sleep they should be getting....is it as per the range above?
2. Limit screen time before bed and it is best to have no glow from electric screens an hour before bedtime
3. Stick with a routine with the same bedtimes and awake times.
4. Have a bedtime routine that includes non-stimulating activities for instance a bath, stories or daily reflections
5. Is the environment good for sleeping? Dark, quiet, and cool are the three magic words when it comes to good sleep.
6. Try a deep breathing technique to help relax the body and repeating one or more of these affirmations shown here

If you have any questions or would like to talk about any concerns about your child's mental health and wellbeing, please contact Lorraine Watkins, our school ELSA, through wellbeing@emmanuel.camden.sch.uk

BEDTIME GRATITUDE *for kids*

AFFIRMATIONS FOR PEACEFUL SLEEP

- 1 Today I did my very best, now my mind is set to rest.
- 2 I close my eyes with a beating heart, tomorrow brings a fresh start.
- 3 I am loved so wide and deep, that in peace, I can sleep.
- 4 My body gave it's all today, and I know everything will be okay.
- 5 I send my love to those in need, and with that, my mind is freed.
- 6 I am grateful for all that I have, and realize how fortunate I am.
- 7 I have the power to conquer my fear, and knowing that, my mind is clear.

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