

Further Information

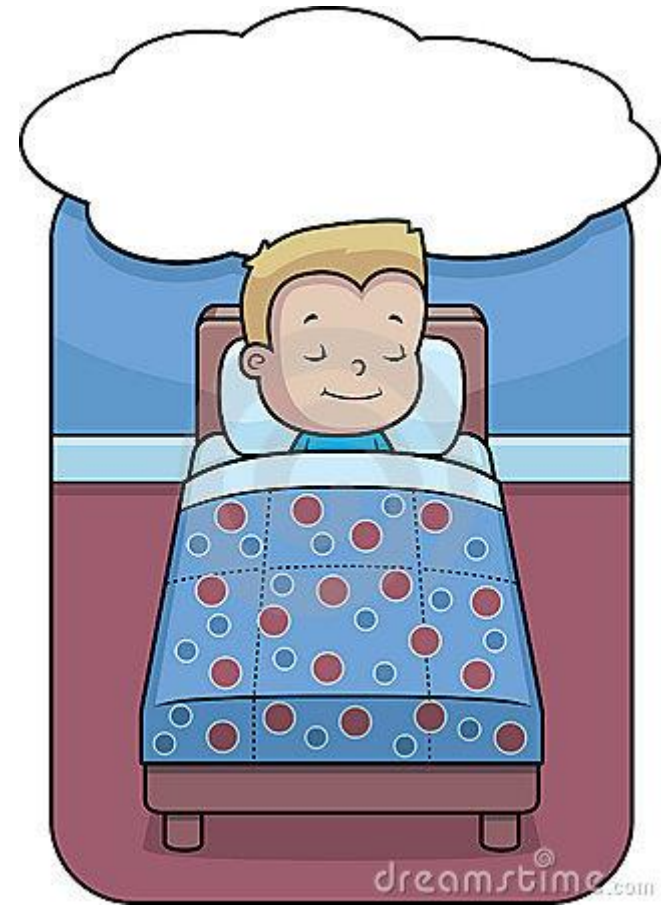
If you have any questions about sleep patterns and how to best support your child, please come and discuss this with us at school.

For those of you with access to the internet, you may like to check out the websites below.

www.sleepforkids.org.

http://www.telegraph.co.uk/health/children_healthy/7807049/Children-with-regular-sleep-patterns-smarter-at-school.html

www.kidshealth.org/kid/stay_healthy/body/not_tired.html



*A Parent's Guide To
Children's Sleep*

How Can We Get The Best Out Of Our Children?

Many things help our children to make the best progress they can. At Dunkirk we have looked at some research which confirms our view that all children need enough sleep to be able to learn at their very best.

Sleep. It's what all humans need.

Why do we need sleep?

School-age children need a minimum of 10-12 hours sleep every night to function at their best. Added demands on their time can mean that school-age children are not getting enough rest. An approximate bed-time guide is as follows:

4 years	7pm – 7am
6 years	7.30pm – 7am
8 years	8pm – 7am
11 years	9pm – 7am

Sleep is necessary to keep the brain healthy.

The right amount of restful sleep is needed for overall good health.

Sleep is important to help the body heal, grow and stay on track.

The amount and quality of sleep we have can affect our safety, how alert we are, as well as our memories, moods, behaviour and learning abilities.

Sleep is especially important for children's

How Can We Make Sure That Our Child Gets Enough Sleep?

TOP TIPS!

Create and maintain an enjoyable bedtime routine. A routine could be as simple as a bath and a bedtime story, or listening to music and playing with a favourite toy. This is particularly effective for toddlers.

Stick to **bedtime routines**. Children like and need consistency in all parts of their lives. This will help ensure your child's quality of sleep.

Watch out for caffeine in drinks, such as Cola as this can interfere with sleep. You may want to limit your child's sugar intake as well.

If your child isn't getting enough sleep talk to your child's doctor or the school nurse. Sleeping problems can last through adulthood unless addressed early.

Keep televisions, computers and other distractions out of your child's room as these can be too tempting for children and may prevent them going to sleep.

Sleeping areas should be quiet and relaxing.