



# The Family Pack Lifestyle

## Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- **Sleep**
- Healthy Eating
- Routines
- School Readiness
- Sibling Rivalry

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”

# Sleep



Somerset PTSA's

**F|P**

**THE FAMILY PACK**

Everyday helpful hints & tips

# Understanding Sleep

**How much sleep do think is needed?**

3 to 5 years?  $\frac{11}{12}$   
hours

6- 13 years?  $\frac{9}{10}$   
hours

14- 17 years? 9  
hours

Adults? 7-8  
hours

**How do you feel when you haven't slept well?**

Unable to concentrate, Irritable? Shorter fuse? How else might you feel?

**Remember it is the same for your child:**

What is your child like when they haven't slept? What helps them?

Therefore we need to be mindful of the importance of sleep and do what we can to support good sleep routines.



# Sleep Routines

## **Why is Sleep so important?**

Sleep is extremely important to support children's development, both physically and mentally. Establishing good sleep patterns can help them to achieve their full potential.

## **If we do not get enough sleep, it can cause:**

Concentration difficulties, stress, more anxious, hyperactivity and behaviour difficulties, poor memory.

## **What can prevent a good sleep routine?**

Certain foods can affect sleep, technology/screen time, struggle to switch off, worries/active mind, FOMO, (basically the same struggles we may have)



# What can you do to help?

**Sleep isn't just the time that they spend in bed.**

Sleep routines should be prepared for up to an hour before the child goes to bed.

## What can you do to help improve your child's sleep routine?

### Infants (4-7)

- Turn off screens
- Dim lights/close curtains
- Quiet/calm activities
- Prepare for bed, Pj's, brush teeth (keep the order the same)
- Storytime / bath time / warm milk
- Regulate the room temperature

### Juniors (8-11)

- Turn off screens / remove media items. (give fair warnings / countdown)
- Dim lights/close curtains
- Quiet/calm activities
- Prepare for bed, Pj's, brush teeth etc.
- Storytime / bath time / Talk time / conversation
- Regulate the room temperature

### Secondary (12-16)

- Turn off screens / remove media items. (give fair warnings / countdown)
- Dim lights/close curtains
- Quiet/calm activities
- Prepare for bed, Pj's, brush teeth etc.
- bath / shower / play relaxing music / breathing techniques.
- Regulate the room temperature

# Teenagers & Sleep

- There are many factors that keep teens from getting enough sleep.
- Can you think of any causes that might affect sleep?
- Here are a few things we have come up with...
- Rapidly changing bodies
- Busy schedules
- Active social lives
- A wrong view of sleep - it's not that important!
- Technology and gaming
- A noisy environment
- Maybe lacking motivation? Impact of COVID



# Practical Advice

## Things that might be helpful? (this may vary)

When they are little, they might want you to lay with them for a little while. It may also be helpful to give them something that reminds them of a parent, nightlights, favourite comforting toys, a glass of water by their bedside, agreed snacks (Bananas, yoghurt, milk etc.)

## What do you do that works for you?

### As they get older:

We are aware that each child is different and no one approach will suit everyone it may be that they like the television on as a background noise, so set a sleep timer. If you don't trust them not to turn it back on, you can remove the controller at an agreed time or when they have fallen asleep.

If your child/teen has access to other technology, you could remove the items at an agreed time. Talk to your child/teen explain the importance of sleep and agree a plan together?

Try things, see if it works. If your child is involved in the process, they are much more likely to engage with it (especially as they get older) .

# A good night's sleep

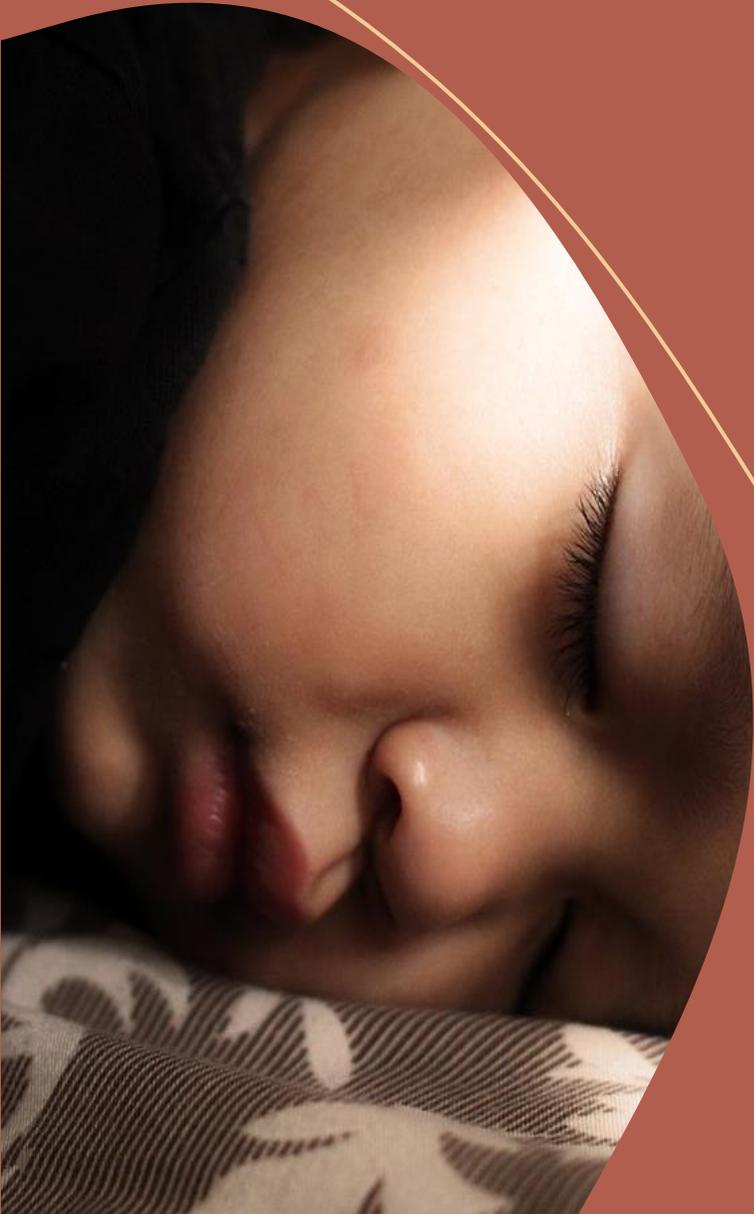
## 6 golden rules for a good night's sleep:

- A regular bedtime
- Spend 30 minutes before bedtime preparing for bed and do something relaxing
- Avoid watching TV, using games or looking at screens before bed
- Avoid eating and drinking before bed and avoid caffeine
- Avoid vigorous exercise a few hours before bed
- Have a bedroom environment that is sleep friendly: free from screens, noise and a consistent temperature.

## Conversation starters when discussing sleep:

Share any worries that you may have about them not getting enough sleep, share any observations you may have, agree routines, try things...

What ideas do you have? Do you have any positive experiences to share?





# Handouts

**Sleep diary for children & Teens:**

<http://www.sleepforkids.org/pdf/SleepDiary.pdf>

<https://www.nhs.uk/livewell/insomnia/documents/sleepdiary.pdf>

**Sleep Council:**

<https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/>

**NHS Healthy sleep tips for children:**

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

**The good night guide for children:**

<https://sleepcouncil.org.uk/wp-content/uploads/GNGC-website-view.pdf>

**NHS Sleep tips for teenagers:**

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

# Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
- What did you find most useful?
  - Was it realistic for you?
- Would you feel comfortable explaining these ideas to someone else?
  - Any challenges?