



Mental Health in Schools Team Tips For Wellness



Tips for helping your child with sleep

Quality sleep is essential for children's growth, development, concentration, memory and problem-solving abilities, immune system, emotion regulation, behaviour and mood! Poor sleep habits at a young age can lead to longer term sleep problems. The recommended hours of sleep for children and young people are:

Primary age
children
9-11 hours

Adolescents
8-10 hours

Our top tips:

1. Keep a **sleep diary** – you may be able to identify patterns of poor sleep and factors that may be having an impact on your child's sleep quality. Do you notice they find it harder to get to sleep after doing an activity in the evening? Or do you notice their sleep is affected by what they have eaten that day? Try making changes to your child's normal routine and record any changes in the sleep diary.
2. Explore **environmental reasons** for sleep difficulties – is your child being over-stimulated at night? Are there any noises keeping them awake? Is their bedroom dark enough? Is their mattress comfy? Is the temperature of their bedroom cool?
3. Use **visual cues** – visual timetables or picture cards explaining your child's bedtime routine can help reduce anxiety, so children feel calmer and the evening is more relaxed for both you and your child.
4. Maintain a **regular routine** – keeping your child's bedtime the same, as well as the time they wake up in the morning, is important when improving your child's sleep quality.

Sleep guide for parents
(includes sleep diary
template)



**Top tips for improving
your child's sleep:**



**Sleep guide for
parents:**



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.