

Go to's for

SLEEP - IN YOUNG CHILDREN



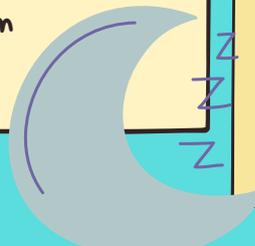
Sleep affects the whole family -
Keep the family at the centre and
find something that works for you.

Sleep can make life easier, but life
is not all about sleep! A sleep
routine can help everyone in the
family to enjoy life and have fun
together.



We all wake during the night, whether we
are big or small! To help children get back
over to sleep they need the same environment
they drifted off with.

So however you have supported your baby
or child over to sleep at bedtime, they will
expect again in the middle of the night. Can
we do this again for them? If not, how can
we tweak the bedtime routine?



Some helpful websites...



Lullaby Trust- Safe Sleep
<https://www.lullabytrust.org.uk/>

Settled Petals - Sleep support
<https://settledpetals.com/>



Have a go at...



If you would like to encourage
your child to fall asleep
independently, one way to
promote this is 'the Kissing
game' (see below)

Avoid screentime for 1 hour
before bed, where you can.

6-8pm is ideal bedtime for
children of all ages- this is
the timeframe where
natural melatonin (sleepy
hormone) is released.

White noise can be
effective for
helping to soothe
babies and young
children. Make sure
this is left on all
night and look out
for 'non-looping'
white noise.

A Dark room can help promote good sleep. If your child
needs a night light, try a red based light as blue lights
can increase cortisol (our stress hormone) keeping us
awake!

How Do I Use The Kissing Game?

For children who find it difficult to settle over to sleep independently

1. Follow your bedroom routine with your child and ensure they know its now time for sleep.
2. Give your baby or child a kiss goodnight and promise them that you will return in a minute to give him/her another kiss;
3. Return almost immediately to give a kiss;
4. Take a few steps towards the door and then return to give them a kiss;
5. Do something in their bedroom, such as putting bedtime books away, and then return to give them a kiss;
6. Provided your child stays in bed lying down quietly keep returning to give more kisses, lengthening the time between returning but still frequently returning to give kisses until they are asleep. If you have an older child and they keep getting out of bed tell them clearly "back into bed and I'll give you another kiss".
7. When your child is asleep you could leave a note with a X for a kiss beside them so they know when they wake you gave them another kiss.

We know that without sleep parenting and family life can be exhausting and hard work. We hope some of these tips will be helpful to support you to make some positive steps towards a full nights sleep.

Take care and know that Parentline are here to discuss any and all parenting matters.

Staying calm and reaching out - We are here for you Monday-Thursday 9am-9pm, Friday 9am-5pm and Saturday 9am-1pm.



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