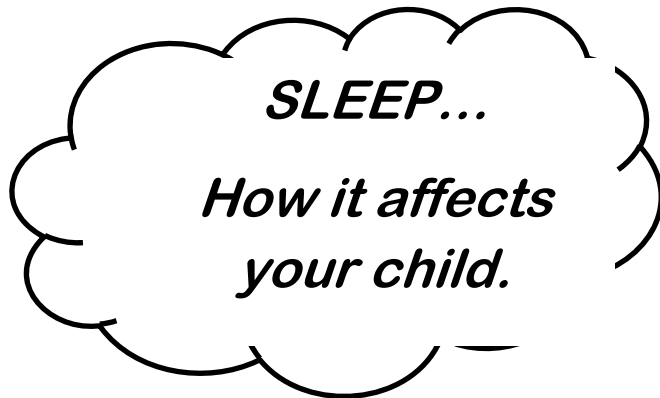




Parents In Partnership

Scottsville Primary School

June 2014



In our busy, modern world we adults are placing less and less value on a good nights sleep than ever before. A packed schedule and ceaseless busyness are seen as signs of success and we are passing these values on to our children, with alarming results.

Sleep is about so much more than simply being well rested. It plays a vital role in the physical and brain development of children. One of the most obvious effects of sleep deprivation is the effect on the child's mood and behaviour. Over-tired children tend to become more "wired" and uncontrollable. They are badly behaved, difficult to teach and less able to concentrate. The need for sleep runs deeper than merely cranky children. Research has demonstrated that skills, facts and ideas that are acquired during the day are transferred to long-term memory during sleep. Learning is cemented during sleep. Decreases in sleep are linked to decreases in memory function.

How much sleep is enough?

Pre-schoolers: 11-13 hours

Primary school: 10-11 hours

Creating better sleep habits:

It is important to create a consistent bedtime routine. Here are a few tips for doing so:

- ❖ *Wind down*- have a "no TV after bath time rule"- encourage quiet play/activities before bed. A bed time story/ reading works wonders. Stick to only one story.
- ❖ Remove all technological distractions from the bedroom eg: TV, computers, cell phones.
- ❖ Restrict fluids in the evenings to avoid waking for the bathroom in the night.
- ❖ Make sure homework is completed, bags are packed and your child is ready for the following day to reduce possible anxiety.
- ❖ Make the bedtime routine consistent. It takes time to break bad sleep habits.

Adapted from *Your Family magazine*, 2007 by L. Corcoran.

