SLEEP

Getting enough sleep is important for your child's health and well-being (and yours!)

Here are some tips to help improve your child's sleep:

- Set a regular bedtime and be consistent with activities before bed to signal it's time to wind down, i.e. reading a book, taking a warm bath, playing soft music etc.

- Limit distractions as much as possible - remove toys from the bedroom, keep the room dark, cool, and quiet, use a white noise machine, etc.

- Large meals can be uncomfortable before bed. Keep nighttime snacks light.

- Limit any caffeinated drinks or foods like pop or chocolate.

- Encourage physical activity during the day, avoid it too close to bedtime.

- If your child needs help falling asleep, provide what you can, slowly reducing your involvement over time.

- Consider Sensory Needs: experiment with lighting, blankets, or gentle pressure to find what helps your child feel comfortable.

Consider anything that may be disrupting sleep:

- Textures: certain pjs, bedding, etc.

- Foods: certain foods causing gas/stomach upset, etc.

- Sounds: family members, pets, household, neighbourhood sounds, etc.

- Smells: cooking foods, cleaners being used, etc.

Be patient:

- Give changes a chance to work

- It might take time to establish a routine, consistency helps

Consult your healthcare provider if:

- Sleep problems persist

- You notice any sudden changes in sleep patterns

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