



## A Good Night's Sleep: The Foundation for Wellbeing

At Hyde Park Schools, we recognise that a good night's sleep is the foundation for a child's emotional regulation and learning. When children are well-rested, they are better able to concentrate, manage big emotions like anger, and cope with worries.

It's not uncommon for children to go through a stage of finding it difficult to get to sleep at bedtimes. Sometimes there can be an obvious cause, such as a change in routine or circumstances like a house move or the birth of a sibling. If your child is finding things tricky at bedtimes, here are some tips and strategies you may wish to try:

### Establishing a Consistent Routine

A regular, predictable routine helps the body and mind prepare for rest, which is essential for emotional stability.

- **Establish a Regular Bedtime and Stick to It:** Many families provide flexibility in the form of a later bedtime at the weekend.
- **Create a "Wind Down" Routine:** Have a regular routine so children know when it is approaching bedtime. This could include a warm bath or shower, a warm milky drink, or reading a happy book.
- **Reading Time:** Read a story with your child or give them an opportunity to read independently before bedtime. Remember this could help them be entered into the reading raffle!

### Promoting Physical Readiness

- **Exercise Daily (Physical Exhaustion):** Encourage children to take part in at least one form of exercise during the day so they are physically tired at bedtime. This could include a Joe Wicks workout on YouTube, a walk to the park or shops, or P.E. at Hyde Park Schools.
- **Turn Off Screens:** Turn off phones, tablets and computers at least an hour before bedtime. Screen time can interfere with restful sleep.
- **Comfort & Environment:** Wear socks! Studies have shown that having warm feet helps you to fall asleep quicker. Ensure children go to the toilet before they go to bed.



## Managing Mental Clutter

Help your child "download" their worries before they get into bed.

- **Worry Tools:** Use a worry doll, worry box, worry monster or thoughts book for children to "download" any last thoughts or worries before bed.
- **Positive Visualization:** Ask children to draw what they want to dream about just before bedtime. You can also buy or make a dream catcher and hang it above the bed to catch any bad dreams.
- **Personalised Comfort:** Buy a plain white pillowcase and allow children to decorate it with happy words, thoughts and pictures using fabric pens. Have a special teddy available for a cuddle.
- **Relaxation:** Use relaxation exercises such as children's yoga or guided meditations (check out [Cosmic Kids Yoga](#) on YouTube for ideas).

As always, the Pastoral Team are available to support our children and their families. Please contact them via the Hyde Park Schools office.