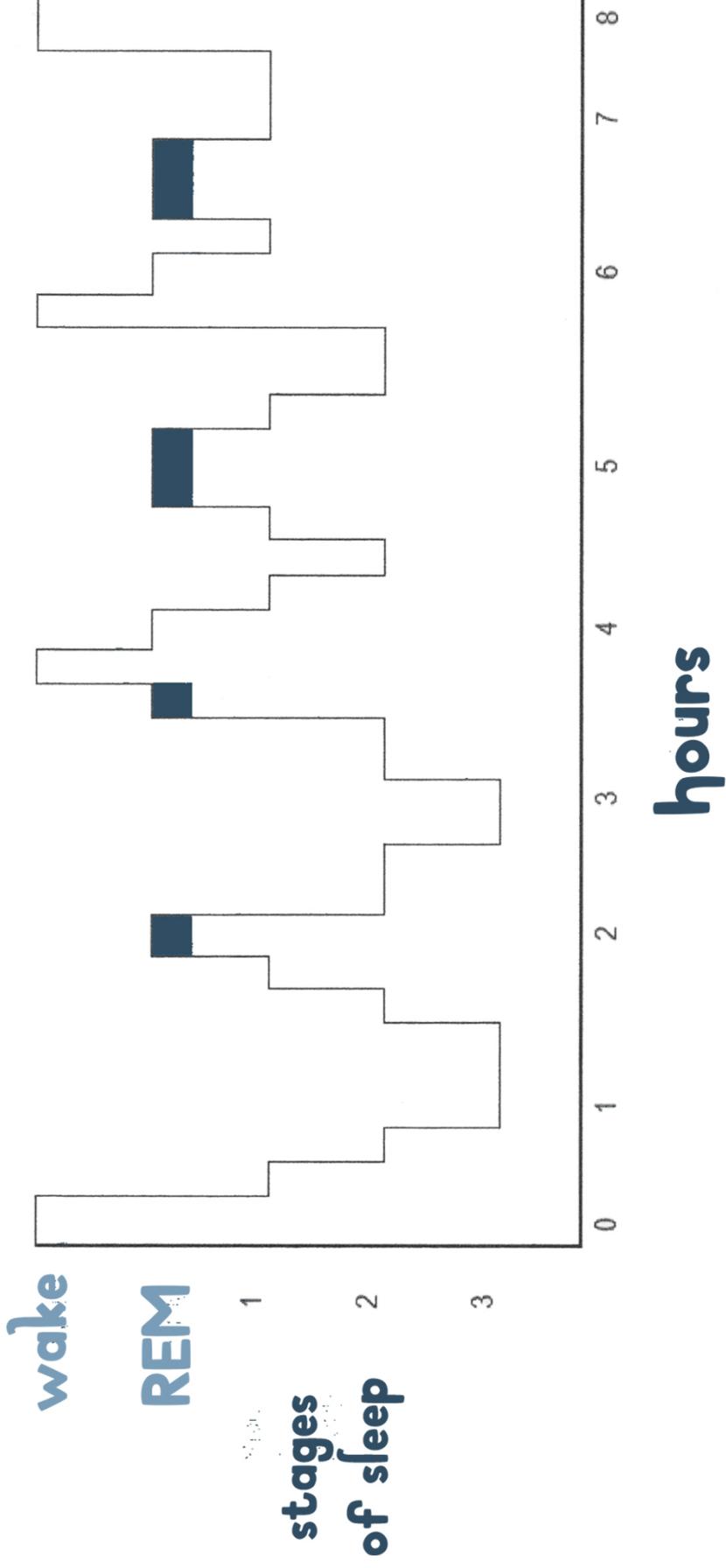




Your Information Pack

Name of Child



Sleep Duration by Age

Recommended
May be appropriate

19													
18													
17													
16													
15													
14													
13													
12													
11													
10													
9													
8													
7													
6													
1-5													
Hours of sleep	0-3 Months	4-11 Months	1-2 Years	3-5 Years	6-13 Years	14-17 Years	18-25 Years						

Sleepy Foods

Food Group	Examples of foods
Milk and milk products	Traditional milky products, yoghurts and soya milk
Meat	Chicken and Turkey
Fish	Cod, Tuna, Mackerel and Salmon
Cheese	Cheddar cheese, Cottage cheese and Tofu.
Fruits	Apples, Bananas, Blueberries, Strawberries, Avocados, Pineapple and Peaches.
Vegetables	Spinach, Asparagus, Green peas, Broccoli, Tomatoes, Cabbage, Cauliflower, Mushrooms, Cucumber and Potatoes.
Nuts	Walnuts, peanuts, Cashews, Pistachios, Chestnuts, Almonds. *Please follow age related guidelines for this food group
Seeds	Ground Flax, Sesame, Pumpkin, Sunflower.
Legumes	Kidney beans, Chickpeas, Mung beans, Lima beans, Soybeans
Grains	Brown rice, Wheat, Oats, Barley, Corn.
Bread	Wholewheat bread products

'All of these foods contain an essential amino acid called 'TRYPTOPHAN', this specific amino acid converts to the neurohormone Melatonin which is produced for sleep.'

Top Tips

Room Temperature

Could your child be hot or cold?

A bedroom should be between 16–18 degrees Celsius

Comfort

Is your child's bed comfortable?

Try testing it out!

Bedding

Is your child kicking their bedding off during their sleep causing them to wake? Is your child sensitive to touch?

Self settling

Has your child learned to settle themselves to sleep?

Is there anything present when they fall asleep that is not consistent through the night?

Is there any changes being made whilst they are asleep?

Noise

Is there any noises inside or outside the house at bedtime or during the night? Is your child sensitive to noise?

Would your child benefit from white noise?

Hunger/ Thirst

Has your child had their tea/supper? Does your child use this as a distraction method?

Stimulation

Is your child's room stimulating?

Do they have a lot of toys in their bedroom?

Do they have easily accessible electronics in their bedroom?

Bright colours in bedrooms can sometimes be very stimulating.

Day/Night

Does your child understand when it is daytime?

Or when it is night time?

Could a colour changing clock help?

Routine

Does your child have a specific routine before bed?

Does it include a good wind down? (no electronics)

Medication

Is your child on any specific medication that impacts upon their sleep?

Pain

Is your child in pain?

Things that may require medical advice

Outlined is a list of sleep behaviour that may require you to seek medical advice from your GP. You can still put the interventions within the workshop into place some may not be effective if there is an underlying medical cause; these are usually seen during the episodes of night awakenings . . .

- Loud snoring
- Dry mouth/increased thirst on waking
- Gasps for breath during the night
- Extreme fidgeting/ thrashing around the bed
- Excessive night time sweating