



**BEDTIME**

**ROUTINES**

**AND WHY THEY ARE SO IMPORTANT**



# **SLEEP and why it is important FOR PRE-SCHOOLERS**

**GETTING QUALITY SLEEP IS VERY IMPORTANT FOR YOUNG CHILDREN YET IT CAN OFTEN BE A STRUGGLE. THE GOOD NEWS IS THAT IT OFTEN ONLY TAKES A FEW NIGHTS OF FOLLOWING A BEDTIME ROUTINE TO SEE IMPROVEMENTS.**

**CHILDREN BETWEEN THE AGES OF 3 AND 5 YEARS NEED ABOUT 10-13 HOURS SLEEP EACH NIGHT**

**SLEEP IS REALLY GOOD FOR CHILDREN. IT HELPS THEIR MENTAL, PHYSICAL, SOCIAL AND EMOTIONAL DEVELOPMENT**

**SLEEP HELPS US FOCUS. CHILDREN WHO GET ENOUGH SLEEP ARE ABLE TO PROBLEM SOLVE BETTER, ARE MORE CREATIVE AND ARE MORE SOCIABLE.**

**SLEEP WILL HELPS YOU REMEMBER THINGS. IT HELPS CHILDREN LEARN AS THEIR BRAINS PROCESS MEMORIES WHILE THEY SLEEP.**

**SLEEP HELPS BODIES GROW. IT IS NECESSARY FOR MUSCLE GROWTH AND TO HELP LITTLE BODIES GROW AND REPAIR.**

**POOR SLEEP CAN CAUSE PROBLEMS IN LATER LIFE AND IS OFTEN LINKED WITH OBESITY.**

**SLEEP HELPS OUR IMMUNE SYSTEM. WE CATCH MORE COLDS AND FLUS WHEN WE ARE SLEEP DEPRIVED**

**LACK OF SEEP CAN MAKE CHILDREN MOODY AND CROSS!**



**Talk to your child's teacher or health visitor if you need further advice.**