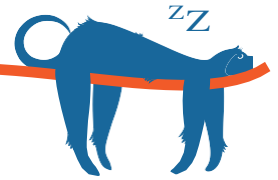


How to sleep well (Nursery)



Keep a regular bedtime for your child and wake your child at a regular hour each morning, so that the body clock is strengthened.

Do not let your child have prolonged naps in the late afternoon. If your child still needs to sleep, schedule the nap for early afternoon.

Avoid stimulating activity in the hour before bedtime, including TV, tablets and consoles.

Avoid drinks of cola, chocolate, tea and coffee i.e. caffeine and additives before bedtime. Instead have a warm milk drink.

Try a warm bath in the hour before bed but make sure they have time to cool down before getting into bed.

Make sure that your child does not go to bed hungry, but don't give a big meal close to bedtime.

Make sure that your child's room is quiet and dark.

Keep room temperature to a comfortable level. High temperatures disturb sleep.

Keep room clear of distractions and electronic equipment such as TV and consoles.

Environmental noise should be kept to a minimum (no loud TV).

Help your child to learn to fall asleep alone in his/her bed, without your presence.