

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Help your child to get a good night's sleep with this How to Get a Good Night's Sleep poster. With a list of 'Dos' and 'Don'ts', this poster offers helpful and easy-to-follow advice for children and young people. Simply print the poster and pop it on your child's wall to support them in practising good sleep hygiene.

## What skills does this practise?

Sleep

Top Tips

Supporting Your Child

## Further Activity Ideas and Suggestions

If you're looking for more resources to help your child with their sleep, head [here](#). This [Cloud Bedtime Meditation](#) will help your child to relax. Or, why not encourage them to unwind with some [mindfulness colouring](#) before bed?

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub



# How to Get a Good Night's Sleep

## Do

- Have a bedtime routine.
- Have a set wake-up time.
- Turn off screens an hour before bed.
- Have a light snack if you feel hungry.
- Dim the lights.
- Enjoy some quiet activities, such as reading a book.
- Make sure your room is at the right temperature.
- Listen to calming music.
- Calm your breathing and relax your body.
- Use a diary or talk to someone you trust to off-load worries.

## Don't

- Get up and go to bed at a different time each day.
- Watch TV or play on tablets just before going to sleep.
- Eat a big heavy meal just before bed.
- Eat foods with caffeine before bed.
- Drink a lot just before bed.
- Have bright lights on.
- Run around or do strenuous exercise.
- Take naps late in the day.
- Listen to anything too noisy or stimulating.
- Focus on worries or work.

Disclaimers: We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.