



Contextual Safeguarding- March Edition



6 tips to help your child
GET A GOOD NIGHT'S SLEEP









Set a regular bedtime schedule for your child and stick to it

Make your child's bedroom a quiet, dark, cool environment for sleeping

Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to music, warm milk or story time all help a child relax and settle

Turn off all screens at least an hour before bedtime

Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children

Make sure your child gets regular exercise. Avoid vigorous activities at least an hour and a half before bedtime

March 15, 2024
World Sleep Day
Sleep Equity for Global Health

★ How much sleep does my child need? ★

AGE GROUP	HOURS PER NIGHT
Infants 4 - 12 months old	12 - 16 hours per 24 hour period
Children 1 - 2 years old	11 - 14 hours per 24 hour period
Children 3 - 5 years old	10 - 13 hours per 24 hour period
Children 6 - 12 years old	9 - 12 hours per 24 hour period
Teens 13 - 18 years old	8 - 10 hours per 24 hours

