

## Sleep tips to help during lockdown

1. Create a routine for your children and stick to it as much as possible. Kids crave routine (even if they don't know it and especially during these uncertain times). Kids that can help map out their routines are much more likely to stick to them, so get them involved!
2. Bedtime should be the same every night even though they are not going anywhere the next day! Wake times should also be the same – don't let them 'lie-in'. We are trying to keep their circadian rhythms running smoothly!
3. Daylight is also important for sleep and so is fresh air – get the kids out in the garden or go for a walk.
4. Energetic activities should be done earlier in the day and not after dinner.
5. Prepare to be a good example to your kids when it comes to gadgets. If you are asking them to put them away, you should too – otherwise they will scream injustice! You can have them again when they go to bed – phew!