



Wellbeing Newsletter MARCH: SLEEP



Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is sleep and the importance of it. Sleep is a basic need for everyone. It plays such an important role in helping our brains and bodies recover from everything we did that day. Sleep is especially important for children and young people because it helps with mental, physical, social and emotional development.

Sleep needs change as your child grows older, but whether you're dealing with a toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include:

- Turning off computers, TV screens, video games, and other bright lights
 - Putting on pyjamas and brushing teeth
 - Reading a light book, singing a lullaby, or taking a bath
- Picking a stuffed animal or security blanket for the night for younger children
- Bedtime stories are so important and also a really important time as often at this point in the day, your children will discuss their day and share any worries or concerns they have with you. I would also say that all primary school children, whatever their age, would benefit from a bedtime (chapter book with shared reading if older) story with you.

In my house, we did this until Barnaby went to secondary school.

The best time to put your child to bed is when they're sleepy, not when they're already asleep. This helps them learn how to fall asleep on their own.

From school classes to discovering who they are and what they like, children are always learning. Their brains make sense of these things when they sleep. That is why lack of it can make them more forgetful. In fact, there are some studies which show that we can actually learn new things while we sleep! So enjoy the routine of making going to sleep a calming experience and make sure everyone gets enough zzzzzs

Quote of the month:

'Do you know that awesome feeling when you get into bed, fall asleep immediately, stay asleep all night and wake up feeling refreshed? NO, me neither.'

Book recommendations:

Children: Forest of Sleep by Katie Flaxman

Adults: Why We Sleep by Matthew Walker

