

Helpful Tips for Children

Avoid



Turn off any kind of screen an hour before bed



Try



Having a story



Avoid overstimulating bedrooms



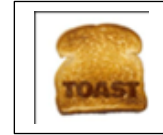
A warm bath



Don't have sugary drinks or snacks



Have a sugar free snack 30 minutes before bed like toast or cereal and warm milk or water.



Avoid vigorous exercise before bed just stick to during the day



Use a bedtime routine



Psychology and Well-being Service

Children, Young People, Education and Skills

