

# Sleeping



*Many children do not receive an appropriate amount of sleep and their behaviour can be significantly affected. One in three children under the age of 5 have sleep and bedtime problems.*

## What are the common difficulties?

- Refusing to go to bed
- Waking in the night and not going back to sleep
- Not sleeping in their own bed

## Why do sleep difficulties occur?

- Children have learnt to follow a poor sleep routine
- Parental responses are not consistent
- Medical needs/illness
- Developmental needs
- Hunger/thirst



## How can we help?

- If you are worried about a child's behaviour, always ask parents how many hours of sleep their child gets each night
- Signpost parents to their Health Visitor or local Children's Centre for support
- If appropriate, set up a reward chart in the setting so parents can tell you if the child has had a good sleep the night before
- Suggest parents keep a written record of the child's sleep over a 1 - 2 week period. This will be useful evidence to share with their Health Visitor
- Some children with developmental delays (particularly Autism Spectrum Difficulties) have very limited sleep and benefit from taking medication. Make sure that staff do not advise parents against this as parents need to feel supported. They also need some sleep themselves!

