



Nighttime routine: Part of a good night's sleep!

Newsletter for parents of children attending kindergarten

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Getting enough quality sleep is important for your child's growth and plays a big part in the ability to learn.

The number of hours of sleep needed by each child varies from one to another but generally, a child needs 10 to 11 hours of sleep per night around kindergarten age.

A good, calm and constant bedtime routine helps to relax and prepare for a good night's sleep. This routine should be the same each night and may last up to 20 to 30 minutes.

Here are a few suggestions for a calming routine:

- Put away toys, games and books.
- Prepare clothes for the next school day.
- Listen to soft music.
- Take a bath.
- Change into pyjamas and brush teeth.
- Share a story together.
- Have a nice chat about the best moments of the day.

The bedtime routine should be positive and relaxing. Don't rush but ensure to manage time. Remember that this is a great opportunity to end the day on a smooth, calming note. Use this time to stay away from all screens (television, tablets) for at least 1 hour before bedtime and spend some quality time with your child.

The bedtime routine is an excellent opportunity to spend time together without distractions.



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