

ABOUT BEDTIMES



Sleep is important for children to be healthy and to learn at school. Most growing children need 10 to 12 hours of sleep every night.

Here Are Some Tips Which May Help

- › Give your child 10 to 15 minutes warning before he has to go to bed so that he can finish his playing.
- › Avoid rough play at night, because it causes children to become too excited.
- › Do not allow children to begin watching TV programs that run past their bedtime.
- › Be firm about bedtimes. Do not give in to excuses to stay up on school nights.
- › Do not be in too much of a rush to get the children off to bed. Children are sensitive to this.
- › Spend some quiet moments talking to children while they fall to sleep. A bedtime story often helps.
- › Bedtime should be a pleasant experience with fresh bed linen, cozy pyjamas, fresh air in the bedroom, and “loving hands” to tuck them in.



Age	Average Total Sleep Time
3 years	12 hours
4 years	11.5 hours
5 years	11 hours
6 years	10.75 hours
8 years	10.25 hours
10 years	9.75 hours