

# Bed time Routines



## Big Bed Time Read



Three to four year olds need about 12 hours of sleep, but the amount can range from 8 hours up to 14.

## Getting Ready to Learn

## Big Bed Time Read



Recent research has shown that regular bedtimes are impact on brain development and on behaviour

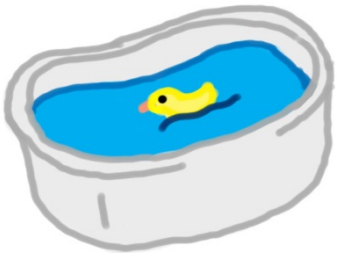


## Getting Ready to Learn

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## Bedtime Routines



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### An example of a routine could be:

- have a bath, then put on night clothes
- have supper or a milky drink
- brush teeth
- go to bed
- share a bedtime story
- Have a goodnight kiss and a cuddle

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### Screen Time

How much screen time does your child have each day?

👍 Less than 2 hours 👍

Screen time can be educational, but it's important to limit this to less than two hours per day

#### Tips for screen time

- Be a good role model
- Monitor what your child is watching or playing - make sure it is age appropriate
- Ensure you spend the same amount of time being active together!!

👎 More than two hours 👎

More than 2 hours screen time can impact on a child's:

- Concentration
- Behaviour
- Sleep
- And increases the risk of obesity

Screen time affects the production of melatonin (the hormone which helps us sleep)

Remove technology from bedrooms to reduce impact on sleep!!



3 + Review Additional Information, Public Health Agency

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**Research indicates that screen time hampers sleep.**

Use of devices can delay times at which children go to sleep.

Exciting video games and lively programmes or films engage the brain and release hormones that make it more difficult to sleep.



The light, emitted from screens, effects sleep patterns.

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