



Tips and tricks on the topic of...

sleeping

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Sleeping

Children – also their parents – need to get enough sleep to have enough energy for the activities during the day. Small children can learn to fall asleep independently – but they need your loving support. The Sleep patterns and the need for sleep are individual and different.

What you can do:

- Ensure a regular daily routine and consistent sleeping times.
- TVs and tablets do not belong in the bedroom.
- The bedroom should not be too warm.
- Make sure that games played before bedtime are calm without media consumption.
- Announce to your child 30 minutes before the actual bedtime, that he or she will go to bed soon.
- An evening ritual will calm down your child.. For example: tell a bedtime story, talk about the day, sing a song, say «good night» thoughts say «good night», turn off the light and close the door.

Incidentally:

Rituals generally give children a sense of security.

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