



working to ensure that children get a good night's sleep.....and so do their parents!

Relaxation Tips for Bedtime



It is important that children learn to relax to aid a good night's sleep. If children are experiencing difficulties falling asleep they can become anxious around bedtime. Likewise parent's anxiety levels may rise as bedtime approaches. It is important that you keep calm as children quickly pick up on your stress levels.

The techniques below are helpful to make bedtime a relaxing and calm part of the day:

- Make some time for you and your child without any outside interruptions. Get rid of any distractions such as mobile phones, computers and the television. This time can be incorporated into your bedtime routine.
- Avoid physical activity in the run up to bedtime. Although parents believe that it helps to wear children out, it actually won't! Rough and tumble play should also be avoided during the bedtime routine.
- Some families find providing their child with a period in the day where they can discuss worries or concerns is helpful to aid relaxation.
- Dimming the lights can be helpful to provide a relaxed mood.





There are a number of relaxation aids on the market that encourage children to listen to CDs and visualise calm imagery. These can work well for some children who find it difficult to unwind. Or you can talk your child through a calming imaginary scene such as a walk on a favourite beach.



Encourage your child to imagine breathing in a beautiful white light and to breathe away any worries that they may have.



Teach your child to progressively relax all the muscles in their body. They can begin by tensing their feet for the count of 5 and then letting them become loose, working their way up the body to their calf muscles and so on until they have tensed and relaxed each part of their body. This is an effective way of helping children to relax.



Classical music can be very soothing and relaxing if played during the bedtime routine.



Some families enjoy using aromatherapy oils to aid relaxation. Always check that the blends are suitable for use with children.



Massage is a great way of relaxing. Offering each other a foot or hand massage is a fantastic way to bond with your child and prepare for bed.



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