

# NURTURING YOUR CHILD'S PHYSICAL HEALTH: *SLEEP*



*Only about half of BC kids say they're getting a good night's sleep 5 days per week<sup>1</sup>*

<sup>1</sup>(MDI, 2023)

## Why is sleep important?

- ✓ Good sleep is important for your child's mental and physical health.
- ✓ Sleep helps children feel energized, learn better, concentrate longer, and be more creative.
- ✓ Regular, restful sleep also strengthens their immune system.
- ✓ A well-rested mind makes better decisions and manages stress more effectively.
- ✓ Regular sleep allows the body to develop, grow, and function properly.

## How much sleep is enough?



## Sleep Guidelines:

- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

## Aim for:

- Uninterrupted sleep with *consistent* bed and wake-up times
- Less than 2 *hours* of recreational screen time per day

# How can you ensure your child gets a good night's sleep?

Have a regular bedtime routine	Prioritize daily routines, such as interacting face-to-face, sleep, and physical activity over screen use	Keep their bedroom dark, quiet, and cool
Avoid screens at least 1 hour before bedtime and discourage recreational screen use in bedrooms	Does your child have sleep difficulties? <a href="#">This resource by Kelty Mental Health</a> might help	If your child has sleep difficulties on a regular basis, speak with a health care provider



## Ideas of what to include in your child's bedtime routine:

1. Clean up
2. Take a bath
3. Put on pajamas
4. Brush teeth
5. Go to the bathroom
6. Read books
7. Snuggle & sleep

To learn more about how to establish good sleep habits for your family, visit <https://keltymentalhealth.ca/sleeping-well>