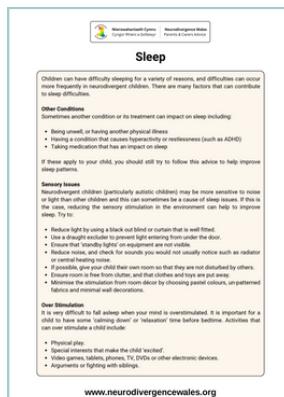


# SLEEP

## Discussion points

- Does your child find it hard to wind down in the evening ready for sleep?
- Do you find a bedtime routine helps?
- What is your bedtime routine with your child?
- What works well?
- What difficulties do you have when settling your child at bedtime?
- If your child wakes in the night, do they settle back to sleep easily?
- What do you do when they wake in the night?
- Does your child wake early in the morning?
- Do you have a morning routine?
- Do you feel your child is getting enough sleep?



Advice Sheet



Top Tips Sheet



Webinar