

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 week¹

¹(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:

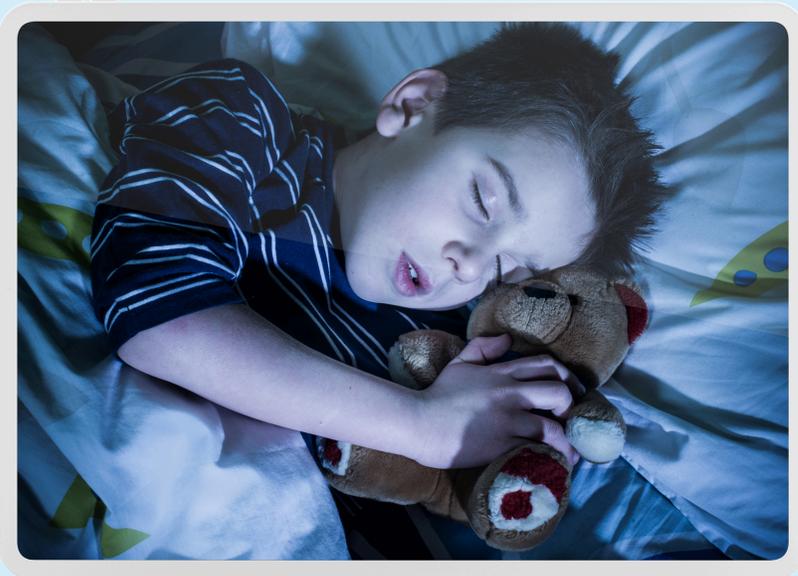
- 9 to 11 hours of sleep per night for those aged 5–13 years
- 8 to 10 hours per night for those aged 14–17 years

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?

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



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 Kelty Mental Health

