



# 5 Top Tips

## To maintain healthy sleep habits when in Isolation

- 1) Have a consistent bedtime routine. Even though we are at home and things are very different, our little people still need their normal routines.
- 2) You may struggle to settle your little people if you have to stay at home. Where possible go out in the garden to get some fresh air. Use online resources to come up with activities. Isolation can be a fun adventure for their little minds!
- 3) Maintain calm time before bedtime. Consistency is key!!! We are all feeling anxious or worried about the future but our children dont need to feel that.
- 4) The world is a crazy place right now, but it is important to ensure our children feel safe. They need this to get better sleep so don't have any conversations in front of them that may upset them or that could lead to nightmares.
- 5) Keep naps as consistent as possible. Remember Sleep promotes sleep