



Tips for a Good Night Sleep

Zzzzzzz!

Goal: Relax with your child by writing in a journal together. Think about the day: what happened and how it made you feel. Consider a cup of caffeine-free tea or a glass of warm milk to enjoy with your journaling.

Tip: Write down any worries to clear them from your head. Make a list of things you're grateful for.

Why is this important? Modelling healthy sleeping and relaxing behaviours for your child promotes physical, mental and emotional health, and is important to the development of healthy habits.

References: Kemper, K., (2010). Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body.

Pang, A. S. K. (2016). Rest: Why you get more done when you work less. Basic Books.