

 2B HYPNOSIS

SLEEP GUIDE FOR CHILDREN

HELPING YOUR CHILD GET BETTER REST



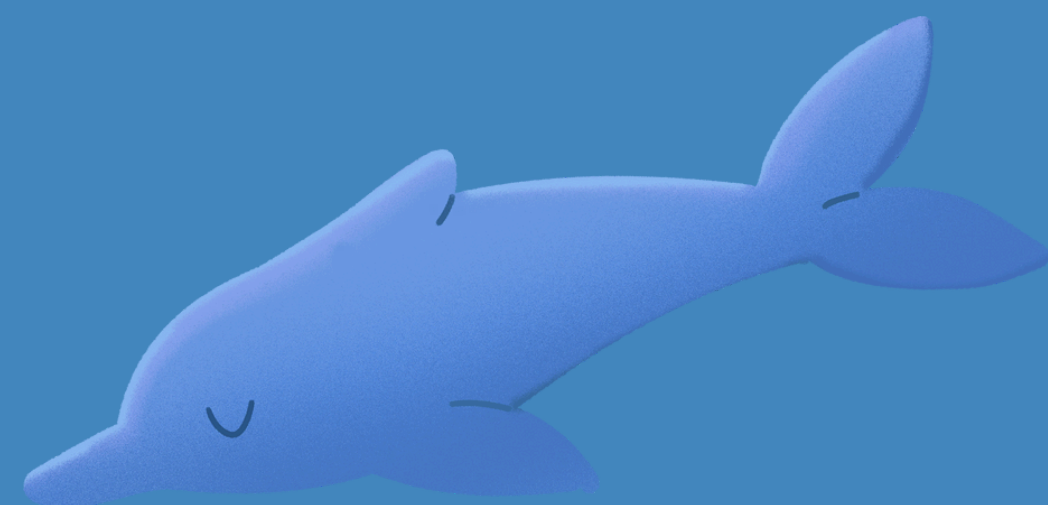
CREATED FOR 2B HYPNOSIS BY MODUPE AYOBAMI





WHY THIS GUIDE IS IMPORTANT

Sleep is important for your child's development because it affects every aspect of their learning, growth, and well-being. Not having proper sleep can cause poor academic performance, irritability, behavioral issues, and even long-term health issues. This is why we designed this guide to help you understand the importance of sleep for your children, recognize common sleep problems, and implement effective solutions to ensure your children get the rest they need.

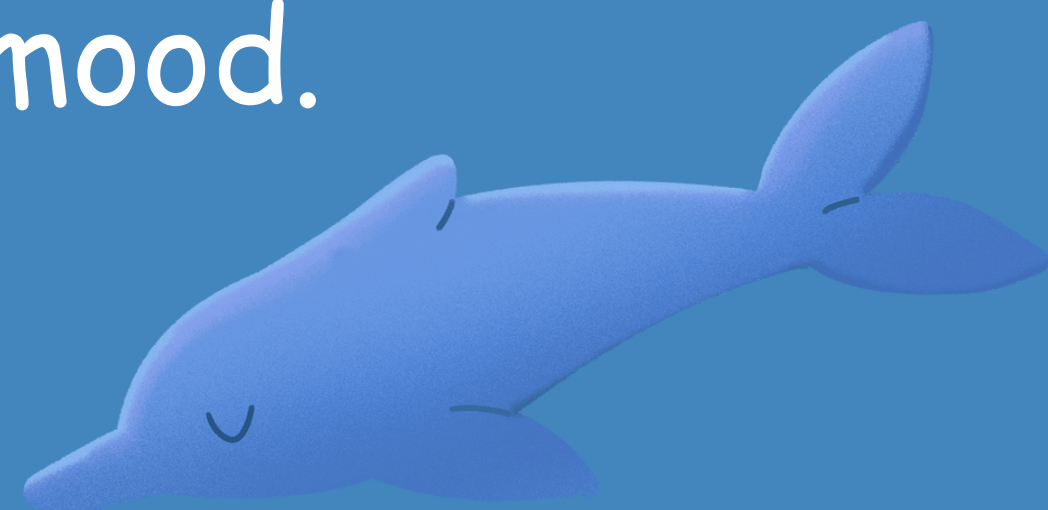




SLEEP IS IMPORTANT FOR YOUR CHILDREN



Do you know that proper sleep can help your children grow physically by releasing growth hormones? It also supports brain development by consolidating memories and learning, and contributes to emotional stability by regulating mood.



RECOMMENDED SLEEP DURATION BY AGE GROUP:



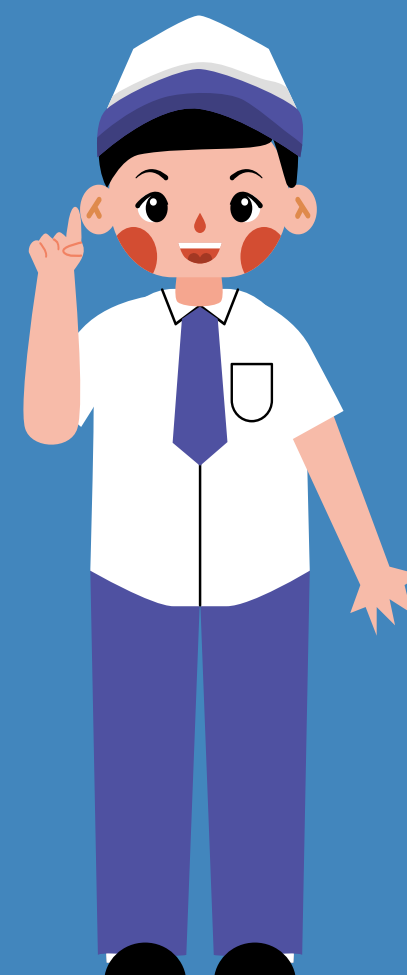
Infants (4-12 months)
12-16 hours daily
(Including naps)



Toddlers (1-2 years)
11-14 hours daily
(Including naps)



Preschoolers (3-5 years)
10-13 hours daily



School-aged children (6-12 years)
9-12 hours every night



COMMON SLEEP CHALLENGES

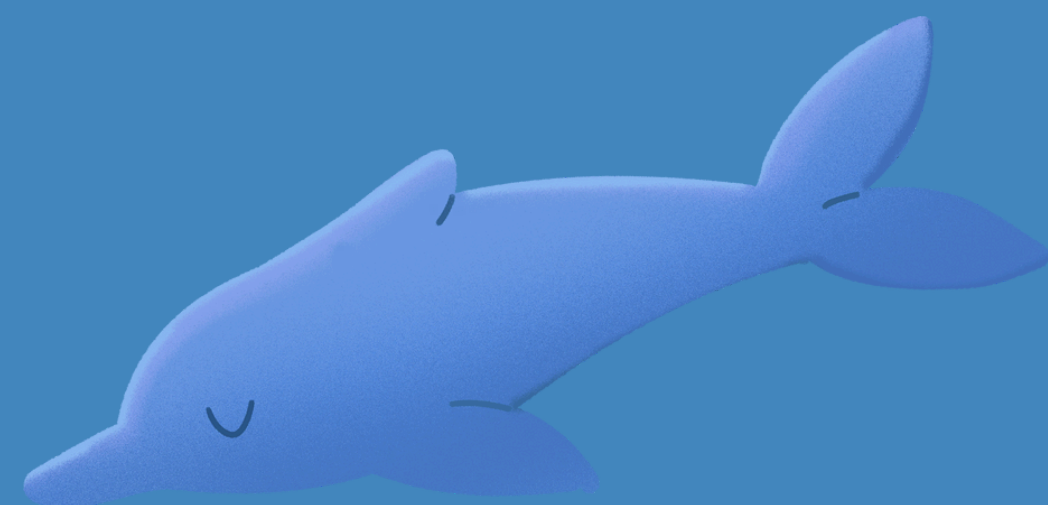


Your children may experience sleep-related problems, such as difficulty falling asleep, frequent waking during the night, nightmares or night terrors, sleep regression, and bed-wetting. These issues can immensely disrupt their overall sleep quality and leave them feeling tired. It's therefore important to address these problems early on, as chronic sleep deprivation can affect your child's development and daily functioning.



CREATING THE PERFECT SLEEP ENVIRONMENT

An ideal sleep environment is comfortable, calm, and free from distractions. Establishing a consistent and soothing sleep space helps signal to your child's brain that it's time to sleep.





OPTIMAL ROOM CONDITIONS

- Keep the room temperature between 65-70°F (18-21°C) - a cool environment promotes better sleep.
- Use soft background sounds, such as gentle ocean waves, or white noise machines, to drown out any distracting noises.
- Ensure the room is dark by using blackout curtains or a sleep mask. A dim nightlight can be used if your child is afraid of the dark, but generally avoid bright lighting.



COMFORTABLE BED SETUP



Your child's bed should be cozy and comfortable, with a mattress that supports their growing body. Soft, breathable bedding, such as cotton sheets and blankets, can greatly help regulate body temperature.

Make sure the pillows are soft and appropriately sized for your child's age.



ELIMINATING DISTRACTIONS

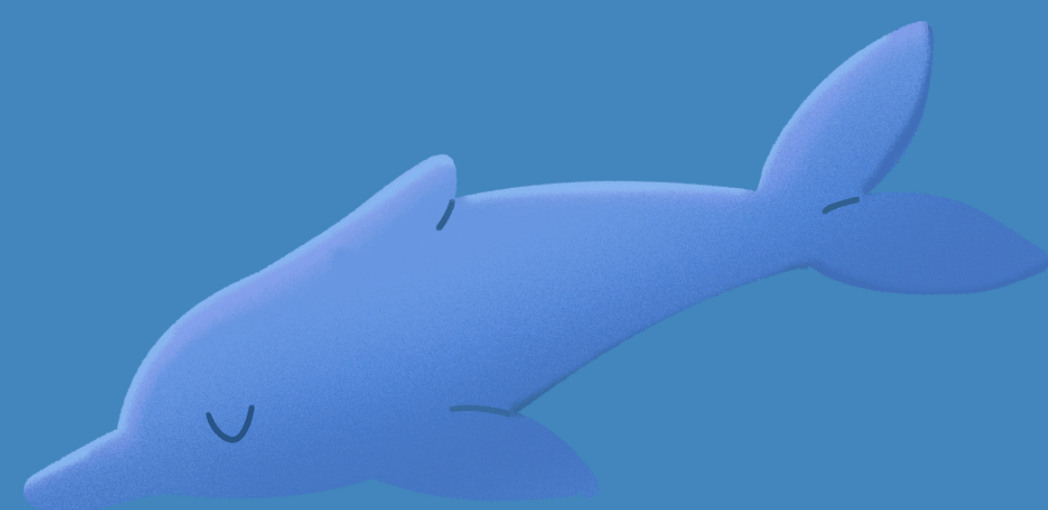
- Totally remove electronic devices from the bedroom, including tablets, TVs, and smartphones, because the blue light emitted by screens can delay sleep.
- Ensure games and toys are kept out of the bed area to reinforce the idea that the bed is for sleeping, not playing.





ESTABLISHING A SLEEP ROUTINE

Children thrive on routine, and a consistent bedtime routine can help them transition from their busy day to a calm night of peaceful sleep. Having predictable activities before bed helps signal to the brain that it's time to sleep, making it very easy for your children to fall asleep quickly.





THE IMPORTANCE OF A CONSISTENT BEDTIME ROUTINE



A bedtime routine helps create structure and also sets clear expectations for bedtime. It can help reduce resistance or anxiety about going to bed. Consistency is important, so try to keep the same routine even on weekends and vacations.



ELEMENTS OF A GOOD SLEEP ROUTINE

WIND-DOWN TIME

Kickstart with quiet activities, such as puzzles, colouring, about 30 minutes before bed to help your child relax.

BATH TIME

A warm bath not only cleans your child but also helps to lower their body temperature, signaling to their body that it's time to sleep.

STORYTIME

Reading a book can be an essential part of the routine. Choose books that are positive and calm to set the mood for sleep.

RELAXATION EXERCISES

Simple yoga poses or breathing exercises can help release any remaining energy and tension in the body.

EXAMPLE BEDTIME ROUTINES BY AGE



TODDLERS

A bedtime routine for toddlers can include a warm bath, brushing teeth, putting on pajamas, reading a short picture book, and tucking them into bed.



PRESCHOOLERS

Add more interactive elements, such as letting them choose their own book or pyjamas. Include calming breathing exercises to help them unwind.



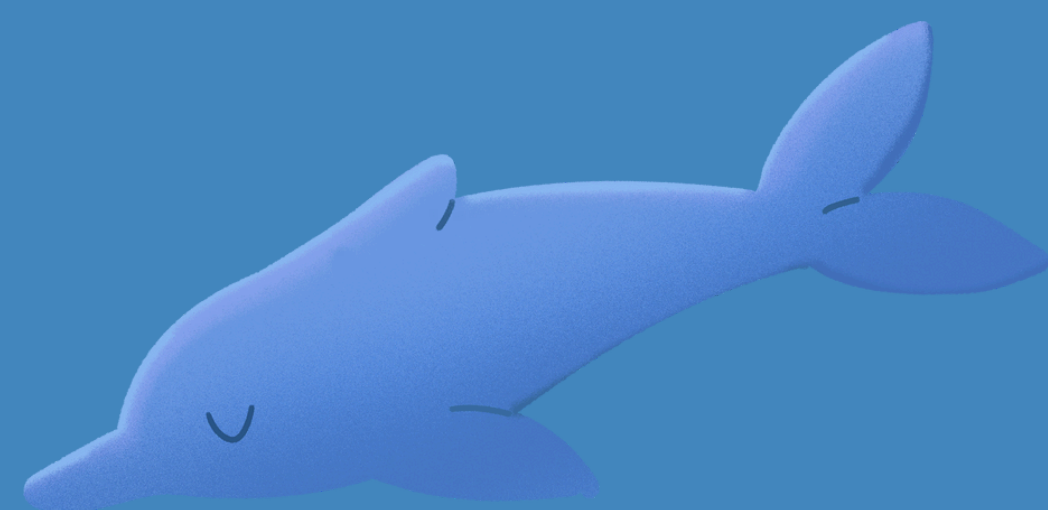
SCHOOL-AGED CHILDREN

Encourage them to engage in calming activities like journaling or listening to soft music before reading on their own. Be sure to check in with them about their day, which can help ease anxieties and lingering worries.



DEALING WITH SLEEP DISRUPTIONS

Even with a perfect sleep routine, disruptions can happen. When you understand common sleep issues and know how to address them, you can help both you and your child manage these challenges.





NIGHTMARES AND NIGHT TERRORS

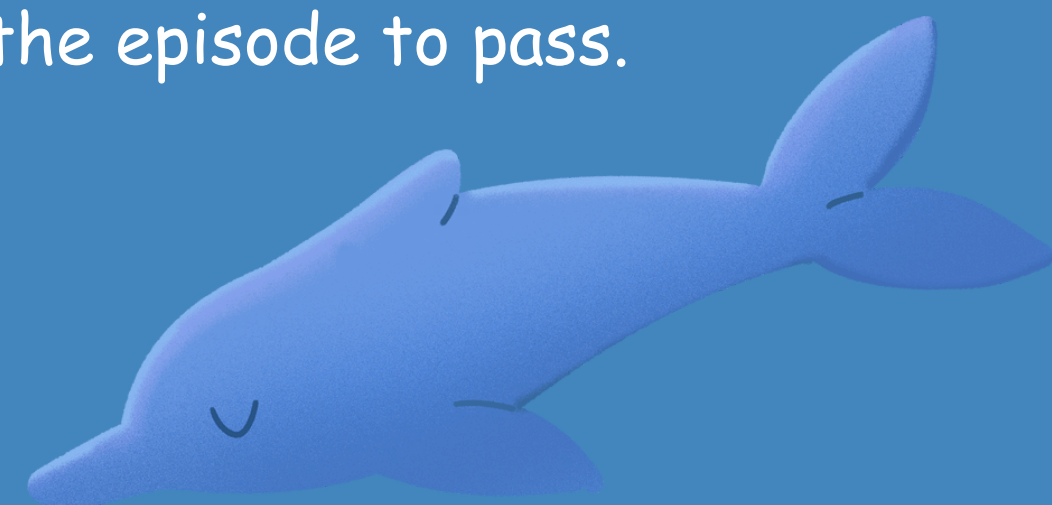


Nightmares are scary dreams that can wake your child up.

Offer comfort and reassurance - let them know they are safe. Avoid discussing the nightmare in too much detail, and guide them back to sleep with a calm activity such as reading or gentle breathing.



Night terrors occur during deep sleep, and your child may scream or act upset but not fully wake up. Do not bother waking them during the episode. Instead, ensure their safety by removing any objects they could harm themselves with and wait for the episode to pass.





MANAGING BEDTIME RESISTANCE

Your children may resist going to bed, especially if they are highly energetic or involved in an exciting activity. To manage bedtime resistance:

- Stick to a set bedtime and do not allow extra screen time or playtime as a reward for resistance.
- Use positive reinforcement like rewarding good bedtime behavior, such as completing their bedtime routine without a fuss. Consider using small prizes or a sticker chart.
- Create a timer to gently remind them that bedtime is approaching.





COPING WITH SLEEP REGRESSIONS

Your children may experience sleep regressions during periods of rapid development, such as during teething, learning new skills, or experiencing significant changes. To cope:

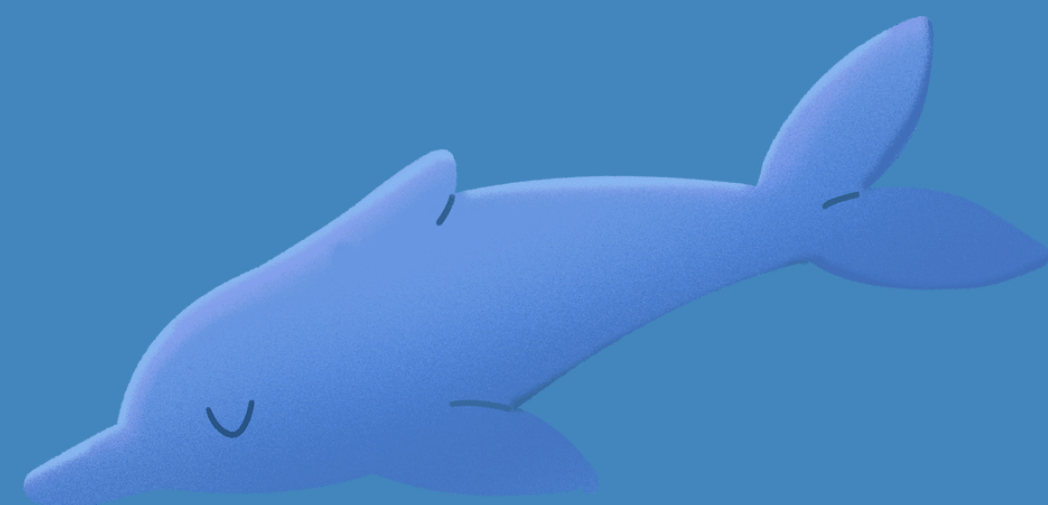
- Keep up with their bedtime routine as best as possible.
- Offer extra comfort if needed but avoid creating new habits like co-sleeping unless you are willing to continue long-term.





USING RELAXATION TECHNIQUES TO PROMOTE SLEEP

Relaxation techniques can help calm your child's body and mind, preparing them for a restful sleep. These exercises can be an engaging and fun part of their bedtime routine.





DEEP BREATHING AND RELAXATION EXERCISES



An effective technique is to teach your child to take slow, deep breaths. Have them inhale through their nose for four counts, hold for two, and exhale slowly through their mouth for another six counts. This can activate their relaxation response, and help them wind down for sleep.



GUIDED IMAGERY



Guided imagery allows your children to use their imagination to create calming mental images. Guide them through a peaceful scenario, such as walking through a magical forest or floating on a soft, fluffy cloud. Also encourage them to use all their senses to imagine the colors, sounds, and smells of their peaceful place.



THE ROLE OF GENTLE HYPNOSIS IN SLEEP

Hypnosis is a safe and gentle way to help your children relax before bed. This can involve helping your child focus on positive, soothing thoughts or words while also guiding them into a deep state of relaxation. As part of their bedtime routine, hypnosis can teach your children to quiet their minds and bodies, making it easier for them to drift off to sleep.

**PARENTS PLEASE NOTE:
IF YOU ARE STRESSED, WORRIED, DISTRACTED OR
PREOCCUPIED, YOUR CHILDREN WILL NOTICE
RIGHT AWAY. THIS WILL MAKE THEM WORRIED
ABOUT YOU AND WILL AFFECT THEIR SLEEP'**



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SAINOOR PREMJI



An expert in mind-body-spirit connection, Sainoor has traveled widely on her journey through life- the feedback she received most often from her clients is how wonderful it feels to be free of fear, doubts, and yo-yo dieting; how they now live their lives with hope and lightness.

**SAINOOR PREMJI B.SC, M.SC (HOLISTIC NUTRITION),
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TEACHER.**