



Well-Being

Happy New Year! This month we look at routines and sleep. At this time of year, most of us will be thinking about what we can change or improve in our lives. Making sure we get enough sleep, will help our own and our children’s mental health and well-being. Junior school aged children need 9-12 hours a sleep to help them build a strong immune system, grow and develop and of course help with concentration in the classroom. If you need further advice or you don’t find what you are looking for please do get in touch.

Anna Stroud (Mental Health Lead) & Vicki Conway (Family Link Worker)



JANUARY REMINDERS

You can do anything, but not everything at the same time

You don't have to figure everything out

Restart as many times as needed

Your inner peace is too expensive to be sacrificed

Do more of what makes you forget about time

I HOPE THIS NEW YEAR BRINGS YOU...

- Courage to try again
- Passion for doing what you love
- Ambition to aim higher
- Resilience in overcoming obstacles
- Humility to learn from others
- Kindness for yourself and others

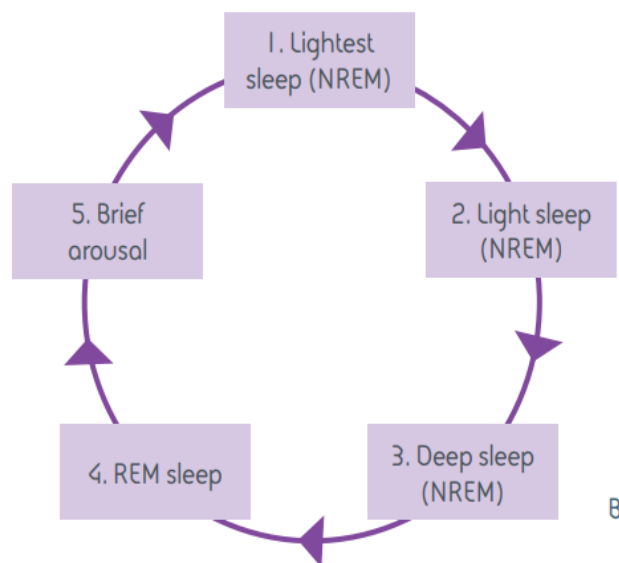
SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)

If you would like to find out more about the MHST at Frimley, send an email to: LetsTalk@frimley.surrey.sch.uk



What is sleep?

Sleep, rather than just being a time when the brain 'switches off', is actually an active process essential for survival. Both the brain and body are active during sleep and are involved in vital processes and functions, ranging from resisting infection through to consolidating memories. In children, sleep is important for growth, with certain stages of sleep associated with the release of growth hormones. Poor sleep can result in irritability the next day, as well as poor memory, low mood and impaired concentration in both children and adults. Equally, good quality sleep is important for ensuring good physical and mental health. Sleep is made up of four different stages, which cycle several times throughout the night. Each cycle ends with a 'brief arousal', which may only last a few seconds. These brief arousals are not usually remembered the next day.



The length of time spent in each stage changes as the cycles continue. The amount of sleep an individual requires to feel refreshed varies between different children (regardless of their stage of development) but also changes with age. The American Academy of Sleep Medicine⁴ has suggested the following guidelines for typically developing children. There is significant natural variation in the amount of sleep that healthy, typically developing children require.

Sleep Hygiene

Good sleep hygiene is important for good quality sleep in all adults and children. Sleep hygiene refers to good habits which help an individual to get regular, good quality sleep. You may have tried some of these techniques before but don't skip this section! Some aspects of sleep hygiene are likely to be more relevant to you and your child than others but it is important to consider the following list, regardless of the type of sleep problem they are experiencing:

Routine

For many children, a 30-60 minute bedtime routine can be a helpful way of signalling that 'play time' has transitioned into 'sleep time'. This should be directed by the parent, but can involve activities that the child prefers and finds soothing. For example, you may choose to include a bath in the bedtime routine, but if your child finds water very stimulating this may not be a helpful soothing activity. Common steps in the routine might include changing into pyjamas, brushing teeth, reading bedtime stories. Ensure that you end the routine with a phrase or action (e.g. a special goodnight song) which indicates that it is now time for sleep. Importantly, this must be something that could be completed again if the child wakes up in the night. You may wish to complement the bedtime with a visual schedule to show the child the order of activities. Keep the order and timing of the routine the same each night, and avoid the temptation to extend the routine to one more story!



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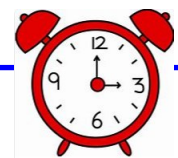
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Caffeine



Although a bedtime snack can sometimes be a helpful aspect of the bedtime routine, chocolate and drinks such as tea, coffee and several fizzy drinks contain caffeine which can interfere with sleep. Make sure that these are not consumed 6 hours before bedtime.

Timing



Putting your child to bed and waking them at the same time each day can also be helpful. Work out how many hours of sleep your child needs, and what time they need to be awake for school. Count the recommended number of hours of sleep backwards from the ideal wake time to work out the ideal bedtime.

Exercise

Do not be tempted to provide lots of activity as part of the bedtime routine to 'tire children out'. Exercise raises the internal temperature of the body and can prevent us from feeling drowsy at bedtime. Instead try and limit energetic activity in the final hour before bedtime and instead engage in calming activities with your child. Exercise can be helpful throughout the day so try scheduling it 4-6 hours before bedtime. This will lead to the body temperature dropping again at just the right time for your child to feel



Sleep associations

Ensure that, as far as possible, the environment that your child falls asleep in is the same as it would be if they were then to wake during the night because this will be reassuring for them when they wake. For example, if your child settles to sleep with a night light on, do not turn that off once you have checked they are asleep. This should be a particular priority for children who experience anxiety around bedtime.

Bedroom environment

Ensure that a child's bed is associated with sleeping, not with playing; so if possible do not keep toys in the bedroom (or put them away in cupboards as part of the bedtime routine). This strategy is called "stimulus control", where the bed, bedroom and bedtime routine all signal sleep. If your child is awake in bed for more than 20 minutes, they will associate being in bed with being awake, rather than with being asleep. Consider moving them downstairs until they feel sleepier. Be careful not to engage in energetic activities in this period. Check your child's bedroom for noise levels, temperature, light or anything else which might be disturbing their sleep. For example, extended hours of daylight in summer can cause problems with settling and early waking, so fitting blackout blinds may be helpful.



Screen time

It is important to try and limit use of devices which emit bright light (such as televisions, computers and tablets) close to bedtime. This is because just 10 minutes of light exposure interferes with the brain's production of the 'sleepy' hormone, melatonin⁵³. The Sleep Council's 'Good Night Guide for Children', recommends turning off all screens in the hour before bedtime. If the use of a tablet is an essential, non-negotiable part of your child's bedtime routine before bed or upon waking during the night, you could install an application to filter out blue light (the particular 'wave' of light which interferes most with melatonin). These can be downloaded from the app store on iOS or on Android devices.

How much sleep does my child need?



Age	Amount of sleep recommended per 24 hour period
4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours

[Microsoft PowerPoint - Sleep Booklet For Parents \(hct.nhs.uk\)](#)

More information can be found on the following links:

<https://parents.actionforchildren.org.uk/sleep/?age=child>

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://parentingsmart.place2be.org.uk/article/my-child-has-trouble-going-to-sleep>

<https://youtu.be/RDGv1XGSHIE>

Helpful Advice

 **Surrey County Council** 20 Sep · 🌐

Cost of Living financial support is available to all Surrey residents

Read to find out more <https://orlo.uk/BZ9c2>


You can also call the Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm

#SurreyMatters #CostofLiving



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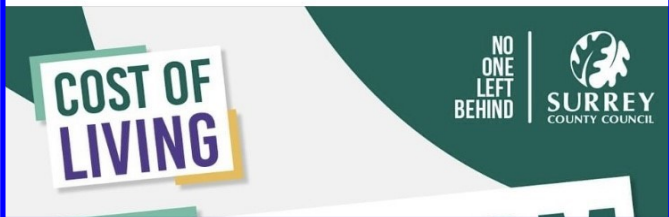
Help to reduce energy bills this Winter.

Grants of up to £25,000 are now available for eligible Surrey residents to help make their homes warmer and more energy efficient.

People living in hard to heat homes and on lower incomes could receive grants between £10,000 and £25,000 to improve insulation and install renewable technology such as solar electricity panels, which help reduce energy costs.


Check if you are eligible by visiting the Action Surrey website - <https://orlo.uk/yly9q>, or by calling an Advisor on 0800 783 2503.

#SurreysGreenerFuture



COST OF LIVING

NO ONE LEFT BEHIND



Mental Health Workshop for Parents

Stem4's Parent Mental Health Day on 27th January (PMHD) encourages understanding and awareness of the importance of your mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get you to take a moment to reflect on the balance you have in your lives and to take positive steps to make change.

Stem4 are inviting you to join their webinar on Thursday 27th January at 7pm. If you are interested in this please register your interest using this Mind Matters link

<https://www.sabp.nhs.uk/our-services/mental-health/mind-matters-surrey/mind-matters>



Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.

**Please call 0800 915 4644
selecting option 1**



Scan me to visit our website

www.mindworks-surrey.org