



Supporting Sleep & Routines: Websites

 Practical sleep routines and advice

1

The Sleep Charity

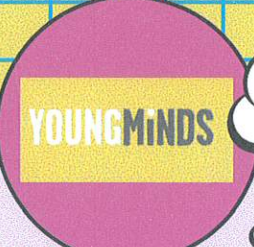
Explains how routines support sleep and gives clear, realistic advice for common challenges like bedtime resistance and night waking.

 Evidence-based sleep guidance

2

NHS


Trusted, evidence-based guidance on children's sleep, including how to build routines and what good sleep looks like at different ages.

 Sleep and emotional wellbeing

3

Young Minds


Focuses on the link between sleep and emotional wellbeing. Helpful for understanding how poor sleep can affect mood, anxiety and behaviour.

 Support for routines and behaviour

4

NSPCC

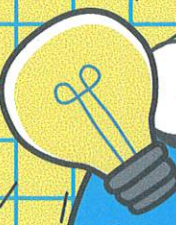
Offers broader parenting support, including routines, boundaries and creating a secure environment at home.

 Advice on healthy digital habits

5

Internet Matters

Provides clear advice on managing screen time, especially before bed.

 **One Thing to Remember**

Routines don't need to be perfect, just consistent enough for your child to rely on them.