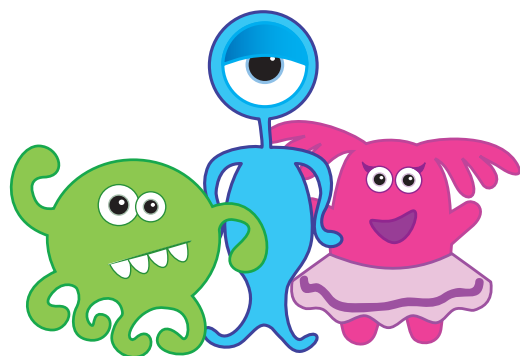


A Practical Guide



My Mini Monsters



Sleep Advice





Getting your Mini Monster to Sleep!

Getting your little one into a regular sleeping routine can be one of the hardest parts of parenting and often requires lots of patience! But, don't worry just a few simple changes can lead to much more relaxing evenings and calmer nights.

Good sleep and good moods go hand in hand for both Mini Monsters and their Mummies and Daddies, so even though your little action hero might want to stay awake to play and explore it's important that he gets enough sleep. Did you know - the average five year old needs 11 hours sleep every night?

Night Time Routine

To make sure your little princess is as fresh as a daisy every morning it is essential to establish a regular routine and stick to it. The routine should be calm and gentle and could maybe be something like this:

7.30pm - Offer your little one a warm drink and a comforting cuddle with either Mummy or Daddy before taking them upstairs to brush their teeth and visit the toilet. Snuggle them up in their cosy bed with a favourite toy and read a soothing bedtime story. Willow's favourites are Sleeping Beauty and Cinderella.

8.00pm - Dim the lights and kiss your little monster goodnight. At this point make it clear that they should stop playing and stay in bed - you can either stay in the room until they drift off to sleep or leave, depending on what you and your child feel comfortable with. Our sporty Mini Monster AJ always wants one last kick of his football, but make it clear that daytime is playtime and a good night's sleep will leave him full of energy and raring to go the next day!

Saying Goodnight

Part of your bedtime routine could be a regular saying that lets your child know that it's time to sleep. This could be something like 'night night sleep tight' or 'sweet dreams, see you in the morning', but whatever it is, it should be said in a calm and soothing voice to make your little one feel safe and secure and ready to settle down for the night. Most of us remember the last words our Mummies or Daddies said to us before we went to sleep every night when we were Mini Monsters!

Beds are for Sleeping

Always put your child in their own bed when its time to go to sleep. This will help to make the connection in your little one's mind between their bedroom, their bed and sleep!

Finally definitely don't let them fall asleep watching the TV or a DVD and make sure they have water and easy access to a toilet - once they are in bed it is important that they stay there. Your own Mini Monster will probably try calling out to you, deciding that they are hungry or regularly getting out of bed, but don't give in! Don't chat or cajole, if necessary put your child back to bed and say goodnight again making it clear that it's bed time. Most importantly of all don't get angry or argue because this can make the prospect of sleep even less likely!



The Professor says:

Having trouble getting to sleep?

Warm milk can really help. It contains tryptophan, which can help to induce sleep!

Tastes good too!