

5 Top Tips

for Getting Kids to Sleep

*Do your children have difficulty getting off to sleep?
Do they procrastinate endlessly?
One more story, one more goodnight kiss?
Are they afraid of the dark or monsters under the bed?*

Many parents find bedtime stressful. At the end of the day parents are often tired and their patience has worn thin.

Establishing an effective bedtime routine and helping a child settle themselves to sleep may take a little time initially but the rewards are enormous for parents and children.

Our team of Natural Health Practitioners have put together a list of our favourite strategies for making bedtime calmer.



1. Prepare your home and child for bed

During the day try to minimize screen time when you can. When children are in front of a device, it can disrupt the body's release of melatonin (sleep hormone). Ensure they have lots of outdoor time, exercise, fresh air and connect with nature every day.

In the evening, at least an hour before bedtime, start creating a relaxing environment at home. Fill a bowl with hot water and add some [Calm Kids](#) essential oil. Walk around the house and into all the bedrooms to spread the aroma. Set the intention to create a calming and relaxing ambience. Turn down the lights and turn off the TV. To sleep we need relative DARK, QUIET and STILLNESS. Darkness helps produce Melatonin. Put on some quiet relaxing music and avoid rowdy games or high activity prior to bedtime. Place a drop of lavender oil on your child's pillow.

Avoid sugar or very sweet desserts and especially Coca Cola. Give milk, yoghurt or cheese unless they're intolerant to dairy foods. The casein in dairy is actually a sedative. Calcium and Vitamin C are also calming.

2. Establish a predictable bedtime routine

Allow time and make it gentle and loving. Allow at least 30 minutes for teeth, toilet, story and songs. Use "Magic Sprinkles" in their bedtime bath. Our [Soakology Chillax Bath Salts](#) contain Magnesium, Epsom Salts, Himalayan Salt and essential oils to calm and relax your child.

Read a children's meditation book like Indigo Dreaming by or Starbright by Maureen Garth. Talk to your child in a soothing, relaxed voice. You may like to use a relaxation CD, a story CD or music for meditation.

Talk individually with each child about the best, worst and funniest things in their day. Tell them yours. ALWAYS finish with funniest or best. Give them a chance to unwind, debrief about the days event and part as friends! Remember your child needs to feel secure to go to sleep. If they think you are angry with them or you don't like them for some reason they may be very scared.

3. Prepare the body for sleep

Difficulties stem from a busy mind or a tense body. If they toss and turn and can't get comfortable it's not the bed that's hard, it's their body! To relax the body, teach them to say goodnight slowly to each part as they breathe out. Let it become loose and floppy. Start with the feet and work up to the head. Repeat as many times as needed.

Another option is to get them to lie on their back with their hands on their tummy and concentrate on feeling the breath go up and down. At the same time listening to the breath go in and out.

Try massage with your child. This has enormous benefits. You can do a very light touch massage through their pyjamas. Use a very light, slow, feather touch on their back. Another type of massage is Reflexology (massage on reflex points). Try holding your hands on the soles of their feet or place your thumbs on the centre of the soles of their feet (solar plexus reflex) and lightly press there. This can also be done with essential oils. Always use a good quality essential oil and blend with a base oil like almond or jojoba when applying them to the body.

Sleep issues relate to the crown chakra so lying down with your child and making sure you are in a relaxed state, gently place your hand on the top of their head. Have your intention clear and connect to unconditional love.

4. Prepare the mind for sleep

Understand that it takes 12 minutes on average for people to fall asleep. Tell your child to be patient.

To relax the mind, ask them to focus on one thing like counting sheep, counting backwards or counting their breaths.

If all else fails tell them not to go to sleep but to lie very still with their eyes open focussing on one spot for as long as they can. You can even put a dot on the wall or ceiling for them to stare at.

5. Look after yourself

Learn to relax yourself. Stress is contagious and your children pick up on it. Our Practitioners can work magic with parents depending on their needs. Counselling, Energy Healing or Massage can help parents feel calmer and more in control.

We also have our Reiki Master who can attune you to be able to do Reiki on your baby or child.

Remember to seek help when needed. If you feel you and your child need specific advice, a consult with our Naturopath can help determine whether supplements and nutritional advice can assist. Our Naturopath is happy to do a free 15 minute consultation for children's sleep problems.

We also have a wide range of natural and safe homeopathics, Bush Flower Essences and tissue salts. We can assess your child's need and advise you.

