

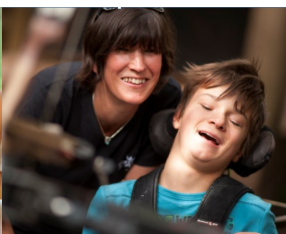


Sleep

This tool kit works alongside the associated Parent Voice Factsheet. The resources will allow you to put some of the hints and tips into action and can be personalised to suit your child, family or circumstances.

In this toolkit you will find the following resources—

- Sleep Factsheet
- A visual schedule template for you to personalise to fit your child's bedtime routine
- A sleep diary template
- An environmental / personal observations template
- A reward chart template which could be adapted to your child's interests
- A personal sleep story book that you can personalise to best support your child
- Sleep related clip art
- A list of further reading suggestions
- Sleep related vocabulary to use with your child
- A list of sleep related resources that other parents have found helpful

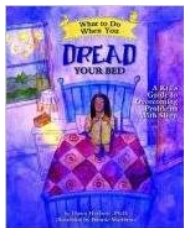




Sleep Books

This book list contains titles that can be used with children or to support families when they are developing sleep routines.

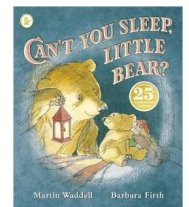
What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner (Author), Bonnie Matthews (Contributor)



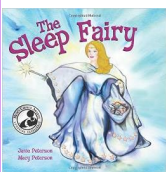
Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make night time easier, this book is for you. "What to Do When You Dread Your Bed" guides children and their parents through the cognitive-behavioural techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep - like magic!

Can't You Sleep, Little Bear? – by Martin Waddell (Author), Barbara Firth (Illustrator)

Little Bear can't sleep. There is dark all around him in the Bear Cave. Not even Big Bear's biggest lantern can light up the darkness of the night outside. But then Big Bear finds the perfect way to reassure Little Bear and help him fall fast asleep...



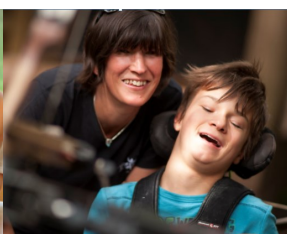
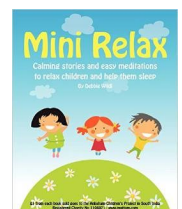
The Sleep Fairy – by Janie Peterson (Author), Macy Peterson (Author)



Helping children learn to stay in bed after they have been tucked in for the night is a challenge many parents face. With the help of Peterson's delightful book, *The Sleep Fairy*, now in an updated hardcover and better than ever second edition, families everywhere can have pleasant bedtimes. *The Sleep Fairy* is a proud recipient of the Mom's Choice Award for excellence in children's books.

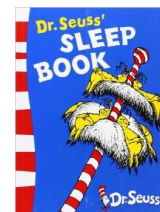
Mini Relax: Calming Stories and Easy Meditations to Relax Children and Help Them Sleep - Debbie Lorraine Wildi (Author)

This unique and fun children's book is in two parts - relaxation tips and proven techniques to calm your little one, followed by the Award Winning 'Dreamtime Stories' designed to completely relax children and send them off into a sleep deeper than ever before. "A dream come true for tired parents!"

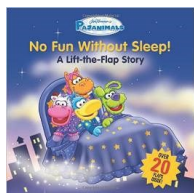


Dr. Seuss' Sleep Book: Yellow Back Book—by Dr. Seuss (Author, Illustrator)

Full of wonderful yawning creatures who spread sleep thoughts at bedtime, this book is the perfect remedy for children who don't want to go to sleep.



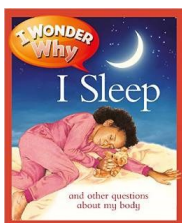
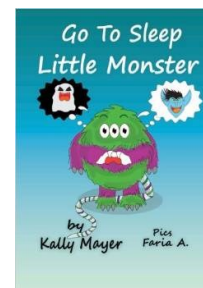
Pajanimals: No Fun Without Sleep!: A Lift-the-Flap Story by Running Press (Editor)



Cowbella does not want to go to sleep because she is worried that everyone is having fun without her after bedtime. When the Pajanimals visit Mr. Moon, he takes them around town to show Cowbella that everyone is sleeping safe and sound in their beds, and she sees that she is not missing out on anything at all. And it is learned that sleep allows the Pajanimals to regain their energy so they can have fun tomorrow!

Go to Sleep Little Monster! - by [Kally Mayer](#) (Author)

Sometimes little ones have some difficulty falling asleep at night and are afraid of the dark. Sometimes it is not easy for your child to stop himself from imagining all sorts of things "That Bump in the Night" What if a little purple and green monster had the same fears? Follow the adorable little monster as he tries to fall asleep. He follows his bedtime routine, tries reading books, counting sheep and listening to music. Nothing seems to work! Your children will giggle as they follow his antics! Find out how little monster is able to conquer his fears and finally fall asleep.

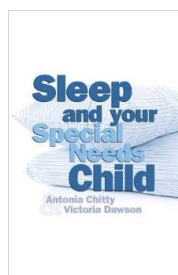
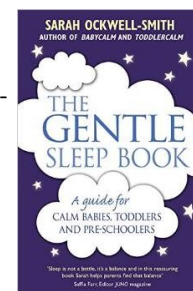


I Wonder Why I Sleep: And Other Questions about My Body by Brigid Avison (Author)

Favourite questions such as "Why do I get hiccups?"; "What makes me sneeze?"; "What is sleepwalking?" are answered in I Wonder Why I Sleep by Brigid Avison, a lively look at the human body

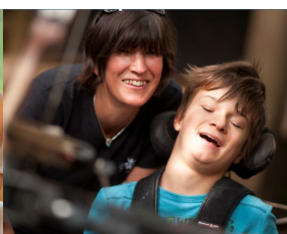
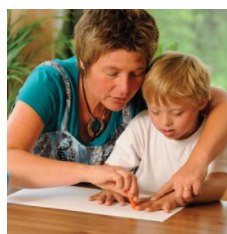
The Gentle Sleep Book: For calm babies, toddlers and pre-schoolers by Sarah Ockwell-Smith (Author)

A large percentage of parents find their young child's sleep - or lack of - challenging. This new book from Sarah Ockwell-Smith, founder of BabyCalm, will be an indispensable guide for parents, whatever challenges they are facing with their child's sleep - from the day they bring their newborn home until their child is settled into school. Examining everything from frequent night waking in babyhood, through bed-wetting in toddlerhood, to nightmares and refusal to go to bed in pre-schoolers, this book provides extensive scientific and anecdotal information, plus plenty of gentle suggestions, to help everyone get a good night's sleep. This is a gentle, evidence-based approach that doesn't involve leaving a baby to cry or shutting a sobbing child in their bedroom.

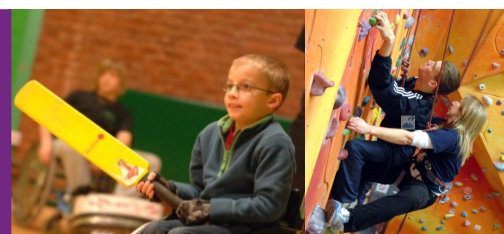


Sleep and Your Special Needs Child (The Journey Through Assessment) -by Antonia Chitty, Victoria Dawson

Sleep is vital for children's well-being. Without enough sleep their health, mood, behaviour and learning ability may all be impaired. Research shows that children with additional needs are more likely to have sleep disorders than typically developing children, and that without intervention these problems will persist. Victoria Dawson is a successful sleep practitioner and founder of the Children's Sleep Charity. Here, together with health writer Antonia Chitty, she shares her own experiences, those of other sleep experts and those of parents.



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Sleep

This list contains suggestions for resources and equipment that may help with your child's sleep. The links are not recommendations made by Parent Voice but do contain the experiences of other parents.

Weighted Blankets

Use of weighted items is becoming more widely recognised by professionals who work with children/ YP with Autism, ADHD, SPD and Down syndrome. A weighted blanket may help your child to settle at sleep time and stay asleep throughout the night. As with all therapies it is recommended that you speak with your child's doctor before trying a blanket just to check that there are no reasons why they shouldn't use one.

<http://www.cheapdisabilityaids.co.uk/weighted-blanket-729-p.asp>

My son found it very difficult to settle at sleep time. He was also waking several times a night which was leaving us all exhausted. We were fortunate enough to be loaned a weighted blanket and the change in my son's sleeping patterns was almost instant. Five years on he still uses a weighted blanket and although he does still wake occasionally he is definitely more settled.

Alarm Clocks

We had great success with a glowing alarm clock. My daughter knows that she has to stay in bed until the screen lights up and that seems to really help her.

Many children struggle with knowing the difference between day and night. A clock that indicates when it is time to get up can be a useful tool in teaching about these different times.

<http://gro.co.uk/gro-clock/>

Blackout Blinds

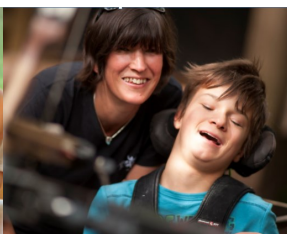
If you have highlighted that your son/daughter struggles to sleep when there is light coming into the room then you may want to try a blackout blind or curtains. <http://www.motherscare.com/Gro-Anywhere-Blackout-Blind/617910,default,pd.html>

My twins were waking up early in the morning so we decided to try blackout blinds in their room. The extra hours of darkness in the mornings made a really difference to their waking time and left us all more refreshed.

Noise

We have been using a white noise CD with our 7 month old and believe that it has made a real difference to how she settles for her daytime naps.

Some children find it easier to settle when their room isn't totally silent. The noise of a washing machine, Hoover or even a radio that is not set to a station can create a sense of calm. <https://itunes.apple.com/gb/app/white-noise/id289894882?mt=8>



Projectors

Projectors can help to create a calming space for sleep. Some children like to focus on the lights, colours and images.

<http://www.sensorytoywarehouse.com/category/projectors/>

My son has a projector which allows him to view Thomas the Tank Engine pictures on the ceiling. It helps him to feel calm and safe.

Night Lights

Night lights have been really successful for my children. I think that they reassure them that they are safe in bed.

If your child is afraid of the dark a simple nightlight might help. The great thing about plug in night lights is that you can take it on holiday with you to create a familiar environment. <http://www.glow.co.uk/night-lights.html>

Music

If your child struggles to settle in a silent room they may feel better when listening to quiet music. Classical music works well for lots of children but your child might want to pick something they enjoy or even listen to a recorded story.

My teenage daughter seems to settle better when she listens to music at bedtime. We chose something calming and soothing—so no rock music! She is usually asleep before the CD ends and I pop in and turn it off when I am sure she is sound asleep.

Aromatherapy / Massage

We started using massage when my daughter was in hospital and the ward was noisy at bedtime. It creates such a calming and relaxing feeling that she just gently drifts off to sleep.

Massage and the use of aromatherapy products can help to create a calm environment as part of the bedtime routine. <http://mohdoh.co.uk/>

Cuddly Toys

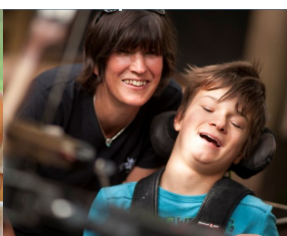
Many children have a favourite cuddly toy that helps them to settle at night. You might choose a simple teddy or perhaps your child might like a blanket or comforter. It is always worth having a spare to hand to save those worries about losing toys. Some parents find that sleeping with their child's toy can help to give it a familiar and comforting smell which helps their child sleep.

My son has a couple of cuddly toys that he takes to bed. We have tried not to stick to one toy as we were anxious about losing it. The toys get involved in the bedtime routine and he is able to take them with him when he goes to the respite centre.

Sensory

We have discovered that my son sleeps better if he is able to use his garden swing before bedtime. The motion seems to help him relax.

Sensory strategies might be a case of trial error until you find something that works for your child. An Occupational Therapist may be able to help you consider your child's needs. <http://asensorylife.com/sleep-challenges.html>



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Sleep

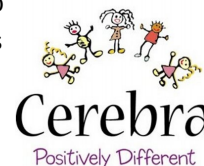
These further avenues for support are suggestions and do not constitute a recommendation or review of a service.

Cerebra

Cerebra have a team of sleep practitioners covering parts of the UK who can offer help and advice on sleep issues, some of which include settling problems, difficulty sleeping alone and early rising.

If it is possible, a sleep practitioner will come out and visit you, or you will be invited to attend a local sleep clinic. If this is not possible, support will be given over the phone or sometimes via e-mail or by post, if this is your preferred method of contact.

<http://w3.cerebra.org.uk/help-and-information/sleep-service/>



Contact a Family

Contact a Family have a range of resources to help families explore sleep issues and think about strategies that might possibly help. They also have a helpline which can be accessed by families needing advice and support.

<http://www.cafamily.org.uk/search-results/?page=1&s=sleep>

contact a family
for families with disabled children

The Sleep Apnoea Trust Association

Working to improve the lives of sleep apnoea patients, their partners and their families. Managed by volunteers SATA is regarded as the leading UK charity working in the field of Sleep Apnoea

<http://www.sleep-apnoea-trust.org/index.htm>

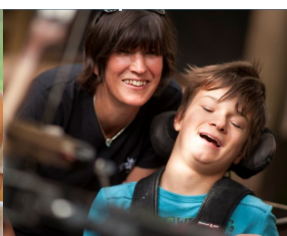


Scope

The Scope website has a number of very useful articles about sleep and also includes tips from other parents.

<https://www.scope.org.uk/support/families/sleep/tips>

Scope
About disability



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Council for Disabled Children

This is an Early Support information resources on sleep and highlights the fact that problems with sleep are common, but are more likely to occur among children with additional needs. You will find information about how to develop good sleep practices and how to avoid sleep difficulties developing.

In this resource you will also find information on understanding sleep patterns, the impact of sleep deprivation and causes of sleep issues. Also discussed are how to develop good bedtime routines, the role of medication, strategies to for a better night's sleep and where to go for further support and information.



<http://www.councilfordisabledchildren.org.uk/resources/early-support-information-on-sleep>

NAS

Many children have sleep issues. But for those with autism, sleeping well may be particularly difficult. NAs has several helpful articles on sleep and parents are able to access the helpline if they have more specific questions.



The National Autistic Society

<http://www.autism.org.uk/living-with-autism/understanding-behaviour/sleep-and-autism-helping-your-child.aspx>

Family Lives

Family Lives has teamed up with Netbuddy to produce this list of tips from parents.



<http://familylives.org.uk/advice/your-family/parenting/sleep-advice-for-parents-with-special-needs-children/>

NDCS

Sleep support from young people who are deaf or have hearing impairments.

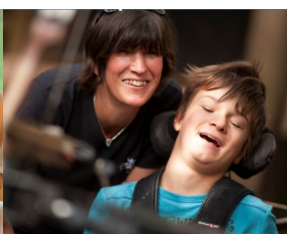
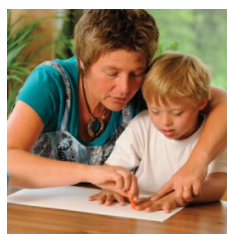
http://www.ndcs.org.uk/family_support/positive_parenting_families/parenting_resources/sleeping_problems.html



Young Minds

Are you worried that your child is not sleeping well? Do you need to know what to do next? Young Minds is here to help and support you.

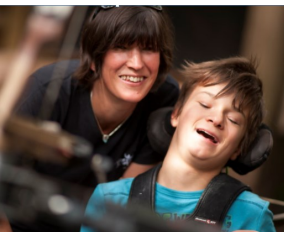
http://www.youngminds.org.uk/for_parents/worried_about_your_child/sleep_problems?gclid=CLi_4ZTk_cYCFaPnwgodT0cHJw



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Ready to Sleep



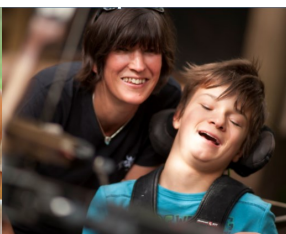
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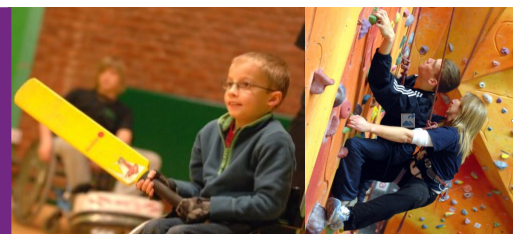
Ready to Sleep—Instructions

This template could help you to create a visual plan for your child to follow at bedtime. This plan should help to prepare them for sleep time and promote a calm environment.

- ◆ Decide upon the things that need to be done before sleep time. Perhaps your son/daughter could come up with some ideas and also look at activities that might not be suitable at bedtime.
- ◆ Decide upon six clear stages that work towards your son/daughter going to bed.
- ◆ Take photos of your son/daughter for each of the stages - cleaning their teeth etc. If they don't like photos or you would prefer not to use them then you could search for appropriate clipart. If your son/daughter uses symbols or PECS then you may want to use these images.
- ◆ At this stage you could print out the pictures and perhaps laminate them. That way your child could remove each one from the chart as they complete that stage.
- ◆ Stick each picture onto the chart in order and write any information in the box below each picture.



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Ready to Sleep—sample

Have a bath

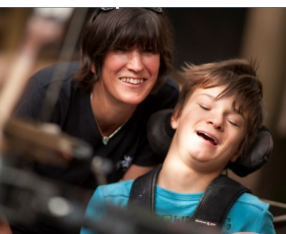
Put on PJs

Clean teeth

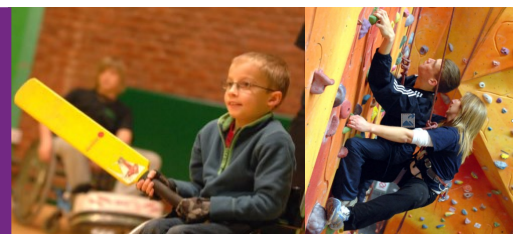
Go to the toilet

Listen to a story

Go to sleep



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Sleep Diary



| | | | | | | | |
|--|--|--|--|--|--|--|--|
| Day | | | | | | | |
| Food/ drink during 2 hrs before bedtime | | | | | | | |
| Activities during day | | | | | | | |
| Bedtime Routine | | | | | | | |
| Bedtime | | | | | | | |
| Time they fell asleep | | | | | | | |
| Waking Times | | | | | | | |
| Reasons for waking | | | | | | | |
| Time of morning waking | | | | | | | |
| Notes | | | | | | | |



| Day | Sat | Sun | | | | | |
|--|---|--|--|--|--|--|--|
| Food/ drink during 2 hrs before bedtime | <i>1x blackcurrant juice 2x digestive biscuits</i> | Roast dinner Jelly and ice cream | | | | | |
| Activities during day | <i>Football training Playdate with friend</i> | Cinema Shopping with family | | | | | |
| Bedtime Routine | <i>Bath Story Foot massage</i> | We were late home so no bath but a quick story | | | | | |
| Bedtime | <i>8.30 pm</i> | 9.45pm | | | | | |
| Time they fell asleep | <i>10.45pm</i> | 1.15am | | | | | |
| Waking Times | <i>2.35 am 3.20 am 5.04 am</i> | 2.00am 2.45am 4.00am | | | | | |
| Reasons for waking | <i>Needed the toilet Wanted a drink Light at the window</i> | Can't sleep Afraid of the dark | | | | | |
| Time of morning waking | <i>6.15am</i> | 5.20am | | | | | |
| Notes | | The lack of routine seemed to delay settling time. | | | | | |

Sleep Diary Instructions

This template could help you to look at the things that might be having an impact on your child's sleep patterns. By completing the chart each day you will be able to build up a picture of your child's sleep behaviours.

This could be used as a starting point for a discussion with the professionals involved in their care or used to help you make minor alterations to their sleep routine to see if that brings about changes.

Environmental/ Personal Observations



| Day | | | | | | | |
|------------------|--|--|--|--|--|--|--|
| Temp in Room | | | | | | | |
| Covers/ blankets | | | | | | | |
| Light / noise | | | | | | | |
| Stimulation | | | | | | | |
| Hunger | | | | | | | |
| Pain | | | | | | | |
| Medication | | | | | | | |
| Anxiety | | | | | | | |

Environmental/ Personal Observations—example

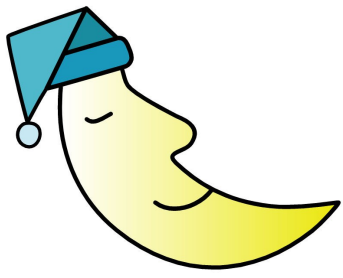


| Day | Sat | | | | | |
|------------------|--|--|--|--|--|--|
| Temp in Room | 18 °C | | | | | |
| Covers/ blankets | Wouldn't sleep with duvet tonight | | | | | |
| Light / noise | Room was quiet but next garden light was on and shining through the curtains | | | | | |
| Stimulation | Watched TV 20 mins before bed | | | | | |
| Hunger | Didn't want to eat his dinner so was possibly hungry | | | | | |
| Pain | Nothing complained about | | | | | |
| Medication | 7.5mls of Calpol as he seemed hot | | | | | |
| Anxiety | Was scared of the light outside | | | | | |

Environmental/ Personal Observations—Instructions

This template could help you to look at the things that might be having an impact on your child's sleep patterns. By completing the chart each day you will be able to build up a picture of how a child's room, the temperature, pain etc might be changing their sleep behaviours.

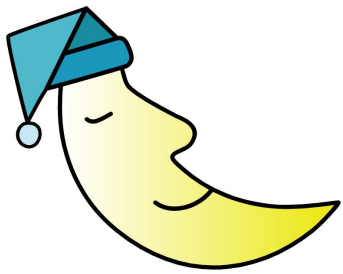
This could be used as a starting point for a discussion with the professionals involved in their care or used to help you make minor alterations to their sleep routine to see if that brings about changes.



I am good at sleeping



| | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|-----------------|-----|------|------|-------|-----|-----|-----|
| Bedtime Routine | | | | | | | |
| Settling | | | | | | | |
| Going to sleep | | | | | | | |
| Waking | | | | | | | |



I am good at sleeping

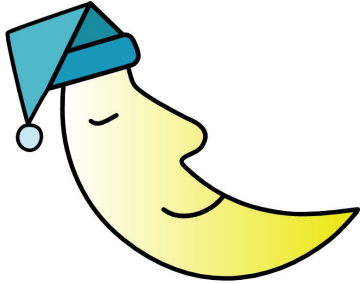


| | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|-----------------|-----|------|------|-------|-----|-----|-----|
| Bedtime Routine | | | | | | | |
| Settling | | | | | | | |
| Going to sleep | | | | | | | |
| Waking | | | | | | | |

You could use stickers, smiley faces or ticks to show when things have gone well. This doesn't have to mean that everything was perfect but could just mean that your child has taken a step towards a better night's sleep or responded well to change that has been made.

Photo of your child sleeping or a picture of them looking happy

I am good at sleeping



We all need to sleep.

Sleep helps our body to rest and
our brain to develop.



Photo of your child's room.

This is my bedroom. This is
where I sleep.

This is my bed. I stay in my bed
at sleep time.

Photo of your child's bedroom

Photo of your child getting ready for bed.

Before bed I clean my teeth,
wash my face, put on my PJs and
go to the toilet.

I then get into my bed and listen
to a story.

Photo of your child listening to a story
in bed.

Photo of your child saying goodnight

I say goodnight.

I lie down and close my eyes.

Photo of your child tucked up in
bed

Photo of your child sleeping

I go to sleep.

My family go to sleep

Photo of family sleeping

A happy photo of your family

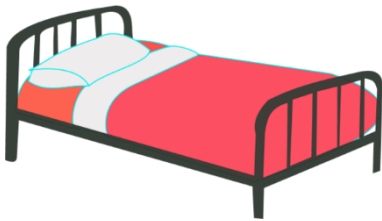
Everyone is happy because we have all
had a good night's sleep.

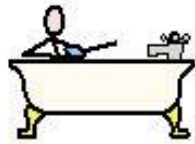
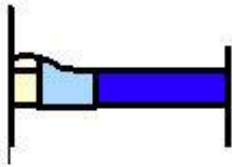


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sleep

night

bed

story

brush teeth

wash face

toilet

morning

pillow

duvet

good night

awake

bedroom

reward

These words could be used to start a sleep discussion with your child or support their understanding. The last 6 have been left blank so you can personalise them.