

## TOP TIPS PROMOTING READINESS FOR SLEEP

### DEEP PRESSURE ACTIVITIES

- Child should always be in control
- Read child's cues regarding stopping / starting / harder / softer
- Have the child lying in a comfortable position – using a pillow squash body parts (arms, legs, back)
- Keep voice low and soft
- Massage – refer to play@home book
- Weighted Blanket – refer to separate guidance from occupational therapist
- Refer to Star Tip's to help you get a good night's sleep

### READING FAVORITE BOOKS TOGETHER

Books are powerful tools for connection and calm

### PUZZLES / POSTING / SORTING GAMES

Puzzles keep your hands busy while allowing your mind to relax. There is some evidence that puzzles can enhance mood, lower heart rate and blood pressure, and allow us to release stress and relax





## PLAYING WITH PLAYDOUGH

Sensory activities like playing with playdough are great at bedtime. Add some lavender into your playdough for extra calming

## SENSORY PLAY

Other sensory activities can include swinging or rocking. Also playing with a balloon filled with rice or stress balls or other fidget objects can be helpful for some children.

## WARM BATH

Water play has an automatic calming effect

## PHYSICAL EXERCISE

Getting enough physical exercise throughout the day is really important for a good night's sleep.

## LISTENING TO MUSIC OR SINGING

There is evidence that classical music e.g. Mozart has a particularly calming effect. Remember to have the volume at a calming level.