

Recommendations for Parents

- STOP screen time completely and play with your child instead.
- Create a **consistent** routine of activities after school and on weekends.
- Create a bedtime routine with 5-6 steps of winding down.
- Stop feeding your child a bottle from the age of 2 years, and allow him/her to drink from a cup. Allow them to eat with you during meal times.

How to play with my child

- Get dolls/superheroes, kitchen items, farm sets/animals. You can also use items in your home.
- Play by joining them in what they are doing, praising them for their effort in appropriate behaviours, describing what they are doing, saying what they are saying and doing what they are doing. (Look for “PRIDE skills” on YouTube for examples).
- Whilst doing house chores, allow them to help in ways that they can, whilst speaking to them. E.g., if you are cooking, give them a bowl with flour and some water and talk them through what they are doing.

Example of a bedtime routine

- Bath
- Brush teeth
- Put on night clothes
- Bedtime story
- Prayers
- Bedtime

Sleep requirements for children per day

- 0-12 months old- 12-16 hours
- 1-2 years: 11-14 hours
- 3-5 years: 10-13 hours

