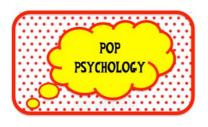
CHILD ANXIETY HANDOUT



Sleep Checklist for Children

Getting a good nights' sleep is very important for many reasons. Sleep helps our bodies to heal and grow, it helps our brains to remember things and concentrate all day, and it helps with our ability to manage our feelings.

But did you know? The most important reason of all is that sleep helps your brain to clear out the stresses of the day. It vacuums out all the mess from things we have seen and heard all day long.

Have a look through the list below and check off any of these things that you think might help you get a better night sleep...

Using a "white noise" app		Having a snack
Wearing comfortable pajamas		Sucking my thumb
Writing down my thoughts and worries		Listening to music
A clean bed		Having a bath or shower
A clean room		Having some warm milk
Practice deep, calming breaths		Wishing on a star
Saying a prayer		Turning on a nightlight
Reading to myself before bed		
Having someone read to me before bed		
Having a dream catcher to keep away bad dreams		
Listening to an audiobook		
A special blanket, toy, or doll to sleep with	W	hat else might help?
Snuggling with someone before bed		
Going to bed at a reasonable time		
Decorating my room with calm and happy things		
Having a hug or kiss goodnight		
Having a lullabye sung to me		
Sticking to the same routine — do the same things in order every night		