



CAPTAIN SLEEP'S
**GUIDE TO
ZZZs**
FOR PARENTS

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MAKE EVERY GOODNIGHT, A GREAT NIGHT.



HI MUMS AND DADS!

I'm Captain Sleep and I'm here to share with you and your kids everything about sleep. After all, little children need a good amount of sleep to keep them happy and healthy! So, let's begin!



HOW MUCH SLEEP SHOULD YOUR LITTLE ONES GET IN A NIGHT?

 **AT LEAST 10 HOURS**
if they are 3 to 5 years old.

AT LEAST 9 HOURS
if they are 6 to 13 years old.

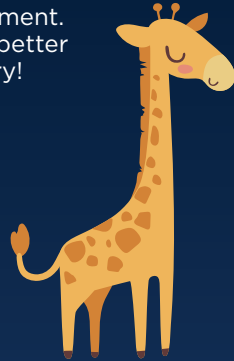


WHY IS SLEEP SO IMPORTANT FOR GROWING TOTS?



SLEEP MAKES THEM LEARN BETTER

Having enough sleep is important for their cognitive development. This means they will learn better and have improved memory!



SLEEP HELPS THEM GROW

During sleep, their bodies produce growth hormones that help them grow taller. Having enough sleep ensures they produce the normal amount of growth hormones!



SLEEP MAKES THEM HEALTHIER

Lack of sleep is linked to higher Body Mass Index (BMI) as it affects the production of hormones which influence weight. Ample sleep also makes sure they don't fall sick easily.

SLEEP PUTS THEM IN A GOOD MOOD

Not having enough sleep makes little kids grumpy and lose their temper easily. A good night's sleep will help even out their moods so they can be on their best behaviour.





HOW CAN YOU HELP YOUR CHILD SLEEP BETTER?

IT'S ALL ABOUT A GOOD BEDTIME ROUTINE

A good bedtime routine is the key to a good night's sleep. Knowing what comes next makes little kids feel safe. So having the same bedtime routine every day will make them want to go to bed and stay asleep.



THE BEST PART IS...

Doing this routine together lets your little one hang out and spend time with you after you come home from work. It's a great way to bond with them and let go of your stress as well!



WHAT MAKES A GOOD BEDTIME ROUTINE?



A good routine is doing calming things that they can expect night after night consistently. Try to keep the routine under an hour!



FUN WAYS TO GET READY FOR BED

Sometimes, little kids may not like the idea of going to bed. It'll help if you can patiently get them into the habit by making their bedtime routine fun!

TAKE A WARM BATH



1. Bathing in warm water makes little kids feel calm.
2. Let them know 5 to 10 minutes beforehand, so bath time doesn't come as an unexpected surprise!
3. Make bathing fun by giving them some cups and bowls and let them pretend they are serving you drinks. You can even sing a few songs together!

PICK OUT PYJAMAS



1. It's fun when you let your kids choose what pyjamas to change into. Give them a few to choose from!
2. Kids love a good challenge! Why not challenge them to change into their pyjamas before you finish singing their favourite song?
3. Some clothing tags can itch, so cut them off to keep your kids comfortable!

BRUSH TEETH



1. Help them understand that brushing their teeth prevents germs from building up, so germs won't attack their teeth!
2. Make it fun by keeping a couple of colourful toothbrushes handy, so they can choose!
3. You can also get them to pretend to be a miner looking for gold, or challenge them to brush to a song!



BEDTIME ROUTINE NO-NOS



Keep your child away from activities that excite them an hour before bedtime, such as video games, handphones and TV, as the blue light coming out from them can affect their sleep. It's also nice to reward them if they follow the rules!



Help them stay away from soft drinks, tea, coffee-flavoured ice cream and chocolate before sleep as they contain caffeine which keeps them awake.



Little children don't like going to bed hungry. If their tummies are rumbling, give them a light snack before bed, such as a banana or wholegrain crackers.





FUN THINGS TO DO AS YOU TUCK THEM IN



WIND DOWN TOGETHER

Let your child choose a storybook. Guide them to choose books that can lull them into a relaxed state! You can also cuddle up in the same spot every time and read with them!



SAY GOODNIGHT

Encourage them to say "Goodnight!" to the things that are important to them, like the family pet, toys and even the moon outside!



GET COMFORTABLE

Make sure the room is comfortably cool and dim enough. If your little one is afraid of the dark, you can also turn on a night light or dim the lights down.

Most importantly, show your kid that you have your own routine too! Be their role model by turning off your phone and the TV before bed. Nothing helps them learn better than by following what you do!



HELPFUL RESOURCES FOR SLEEPYTIME

Scan the QR codes to access these tools I've prepared for you!



PERSONALISED BEDTIME STORY

Create a unique and personalised story with your child's name and chosen character, and print it out for a truly unique storytelling experience starring your child and me, Captain Sleep!





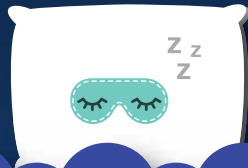
BEDTIME AUDIO BOOKS

Take a break from reading and let me tell the stories for you! Get these enchanting Captain Sleep audio adventures that'll also help your child build good bedtime routines. Download or play them on Spotify!



Check out these titles:

- Toothbrush Fairy and her Magic Toothbrush
- Magic Talking Book and the Missing Page
- The Magic of Saying "Goodnight"
- Pyjama Buddies Play Hide and Seek
- Bubbly Bathtub Gets Her Warm Water Back
- Telly TV Gets a Fever
- Hoppy Kangaroo Loses His Bounce
- Hannah the Yawning Handphone



AUDIO SLEEPCAST

Join my forest friends and me as we guide your child through these relaxation exercises that will have them feeling calm and drifting to sleep in no time. Download or play them on Spotify!

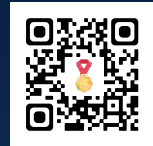


Adapted from "Carkhuff, R.R. Helping and Human Relations, Vol. 1 New York: Holt, Rinehart & Winston, 1969 and Relaxation Script for Younger Children, Monica Fitzgerald".



REWARD CHARTS

Give your child a mission to sleep for! Download exciting sleep charts that come in the form of missions and reward your child for their good sleep habits.



BEDTIME STORIES

Looking for stories that'll help your kids catch the Zzzs? Download my adventures with my friends like the Toothbrush Fairy, Teddy the Bear, Bigfoot and more! Print and read them to your kids or share them with friends and family!





DIY CHARACTER PROPS

Download printable templates and follow the simple instructions to bring characters from my stories to life! Use these character props to make your Captain Sleep adventure an interactive one!



GOOD NIGHT, AND SWEET DREAMS!

I hope these sleep-tastic ideas will help your child sleep well and nod off to blissful dreams in La-La-Land. If you find that your child still has problems getting a good night's sleep, taking them to a sleep specialist can help.

Don't forget - when they sleep well, they grow well!

Until the next adventure,
XOXO

Captain Sleep

