



# Springhill Wellbeing Newsletter

## May 2026

### WHY SLEEP MATTERS FOR CHILDREN



Cognitive Development



Physical Health



Long-Term Benefits



Emotional and Behavioral Health



Brain Development

A good night's sleep is one of the most important foundations for a child's wellbeing and success at primary school. Having a calm, consistent bedtime routine helps children feel secure and tells their bodies it's time to rest, making it easier to fall asleep and stay asleep. Primary-aged children need plenty of sleep to support their growth, mood and ability to learn. Avoiding screens such as tablets, phones and televisions before bed is especially important, as the light and stimulation can delay sleep and reduce its quality.

### AGE GROUP

Infants 4 - 12 months old

Children 1 - 2 years old

Children 3 - 5 years old

Children 6 - 12 years old

Teens 13 - 18 years old

### HOURS PER NIGHT

12 - 16 hours per 24 hour period

11 - 14 hours per 24 hour period

10 - 13 hours per 24 hour period

9 - 12 hours per 24 hour period

8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics



### Things to consider

- **1-Hour Rule:** Aim for a digital curfew at least 60 minutes before bedtime.
- **Screen-Free Bedroom:** Keep devices out of the bedroom to minimize temptation and distractions.
- **Calming Alternatives:** Substitute screen time with calming activities such as reading, journaling or listening to calm music.
- **Set Boundaries:** Consistent routines are key; turn off TV/tablets well before the final bedtime routine begins.
- **Consistent bedtime**

**1** **The Sleep Charity**  
 Practical sleep routines and advice  
 Explains how routines support sleep and gives clear, realistic advice for common challenges like bedtime resistance and night waking.

**2** **NHS**  
 Evidence-based sleep guidance  
 Trusted, evidence-based guidance on children's sleep, including how to build routines and what good sleep looks like at different ages.

**3** **Young Minds**  
 Sleep and emotional wellbeing  
 Focuses on the link between sleep and emotional wellbeing. Helpful for understanding how poor sleep can affect mood, anxiety and behaviour.

**4** **NSPCC**  
 Support for routines and behaviour  
 Offers broader parenting support, including routines, boundaries and creating a secure environment at home.

**5** **Internet Matters**  
 Advice on healthy digital habits  
 Provides clear advice on managing screen time, especially before bed.

**One Thing to Remember**  
 Routines don't need to be perfect, just consistent enough for your child to rely on them.

Silly School Education

Springhill works closely with the Mental Health Support Team (MHST) to help support children's emotional wellbeing and mental health. Through this partnership, children can access early help, guidance, and support when they are experiencing worries, anxiety, or other challenges. If you feel that your child needs more support, please contact their class teacher, Mrs Chapman or Mrs Hall on the playground, via email or give us a call.