

Dear Counselling Corner:

Our child is a very poor sleeper and I think that they take after me! Do you have any suggestions as to how we can help? At the moment, we are all a bit tired and would love to get this sorted out before they get much older. Thanks!!

Exhausted parent

Dear Parent:

Sleep challenges can really impact families and are more common than you may realize. Establishing healthy sleep patterns and routines at a young age is critical. I found that what worked best for my daughters was to remove screen time for at least two hours before they went to bed. We also established routines which included a snack and quiet activity followed by a bath, pajamas, teeth brushing and flossing, and then story time. Right before our girls would go to sleep, I would ask them what they felt most grateful for and a highlight in their day and what they were most looking forward to the next day. I would encourage them to have positive thoughts as they went to sleep.

In her article, Rachel Dawkins shares that studies show that children who get adequate sleep have improved attention, behaviour, learning, memory and overall mental and physical health. She also adds that poor sleep, in children, can lead to high blood pressure, weight gains, and depression. I was forwarded some very helpful sleep resources by Leah Lyth, BScN, RN from Fraser Health which you may find useful. Best of luck and feel free to reach out again if you still need support.

- [Sleeping Soundly - Kate Storey](#)
- <https://keltymentalhealth.ca/sleeping-well>
- <https://www.heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep>
- <https://sleeponitcanada.ca/all-about-sleep/>
- [Are Canadian children getting enough sleep? Infographic - Canada.ca](#)
- <https://www.psychologytoday.com/ca/blog/thinking-about-kids/202212/helping-teens-sleep-better> (Gr. 6 +)

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor

