How to support your child’s sleep troubles using Five to Thrive

**Block 1: Respond:**

Consistently responding to a child’s needs — especially at bedtime — helps them feel safe and secure. If a child struggles with sleep, responding calmly and predictably to their worries or wakeups builds trust and reduces anxiety, which is often a barrier to restful sleep.

**Block 2: Engage:**

Physical closeness like cuddling or gentle touch before bed can help regulate a child’s nervous system. It promotes the release of calming hormones like oxytocin, making it easier for them to settle and feel comforted as they drift off.

**Block 3: Relax:**

Creating a relaxing bedtime routine is key. This might include dimming lights, reading a story, or playing soft music. The Relax element encourages winding down and helps the child’s brain shift from alert to restful — essential for good sleep hygiene

**Block 4: Play:**

While play might seem more daytime-focused, gentle, imaginative play before bed (like storytelling or role play) can help children process emotions and feel more in control. It’s also a great way to transition from busy daytime energy to calm nighttime vibes.

**Block 5: Talk:**

Talking through the day, naming feelings, and reassuring the child helps them feel understood. If sleep issues are linked to worries or fears, talking gives them a safe space to express those feelings and feel soothed.

**For more information, please visit** [**FamilyHubsLeicestershire.org.uk**](https://leics.sharepoint.com/sites/fivetothrivefamilyhelp/Shared%20Documents/03%20Phase%201%20-%20Family%20Help%200-19%20%28Sept%202024%20-%20March%202025%29/resources/FamilyHubsleicestershire.org.uk)