



**SAMARÈS SCHOOL**  
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**Head Teacher: Mrs Jenny Posner**

Thursday 13<sup>th</sup> June 2024

Dear Parents,

At Samarès School we are committed to working with parents and the wider community to support every child in our school. Each month, we send a short update around a specific welfare issue with resources to support you as parents. For this month, our theme is **supporting positive sleep habits**.

Bedtime routines and positive sleep habits can be really challenging (especially when the evenings and mornings are so light!); it is very common for children to struggle with their sleep.

Sleep is extremely important for children, and it can be challenging when children don't want to go to bed, or they find it difficult to fall asleep, and they quickly get into habits of not having enough sleep. Great Ormand Street Hospital recommend the following:

**Recommended sleep needs of children based on age.**

AGE	Average sleep requirements per 24 hours
1-2 years	11-14 hours (including a daytime nap)
3-5 years	10-13 hours
6-13 years	9-11 hours
Teens	8-10 hours

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need> | March 2021

The following article has some helpful tips for parents who may find their child is struggling to get to sleep at night. [Place2Be: Parenting Smart: My child has trouble going to sleep](#)

Great Ormand Street have created the following resource which has a range of ideas and resources to help you understand your child's sleep needs and difficulties - [GOSH Sleep Hygiene in children.pdf](#) .

If you would like to discuss this further with a member of the team, or even our school nurse, please do get in touch.

**Safeguarding Team at Samarès School –**

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Many thanks,

Mr Lumley  
Deputy Headteacher