

Sleeping difficulties

A child's view



If your child is having difficulty sleeping, they may well be trying to tell you something - here are some possibilities:

- It's too noisy / quiet.
- I'm too cold / hot.
- I'm hungry / wet.
- My ears / teeth / tummy hurts.
- I need a cuddle / I want Mummy.
- I'm scared / I had a bad dream.
- I had too much screentime before bed.
- My nose is blocked.
- I don't like the dark.
- Teddy has gone and I'm sad.
- I'm too excited.
- I'm not tired - I had a long nap earlier.
- Where am I? I fell asleep on the sofa.