Building Healthy Sleep Habits

Supporting Your Child's Growth and Development

Sleep plays an essential role in a child's early development, supporting their physical health, emotional wellbeing and ability to learn. During the early years, children are constantly exploring, discovering and developing new skills, making quality sleep particularly important. Establishing healthy sleep habits helps children feel rested, happy and ready to embrace each new day.

Why Sleep Matters

Sleep gives children time to rest, recharge and process their experiences. Enough good-quality sleep supports:

Learning and Development

Sleep helps children process information, strengthen memory and develop the skills they have been practising throughout the day.

Emotional Wellbeing

Well-rested children are often better able to manage their emotions, cope with frustration and respond positively to everyday challenges.

Physical Growth

Quality sleep supports healthy growth, physical development and overall wellbeing.

Social Development

Adequate rest helps children engage positively with others, build relationships and participate confidently in play.

Five Ways to Support Healthy Sleep

1. Keep a Consistent Routine

Familiar bedtime routines, such as a warm bath, favourite story or calming music, help children recognise when it is time to settle.

2. Create a Peaceful Space

A comfortably cool, quiet bedroom with fewer distractions can make it easier for children to relax and fall asleep.

3. Encourage Calm Evenings

Choose quieter activities as bedtime approaches, and avoid stimulating play and sugary snacks close to bedtime.

4. Make Time for Active Play

Movement, outdoor play and exploration during the day support healthy sleep patterns and help children use their energy positively.

5. Respect Individual Sleep Needs

Every child is different. Naps remain important for many young children, although their timing and length will change as children grow.

Supporting Rest and Sleep at Dovecote

At Dovecote Nursery, we understand that every child has their own individual needs and routines. Our daily schedule provides opportunities for rest, with a dedicated nap time for children who require daytime sleep.

We work closely with families to support each child's wellbeing, recognising that feeling safe, comfortable and well-rested is an important part of enjoying their nursery experience.

Healthy sleep habits take time to develop, and consistency, patience and an understanding of your child's individual needs can make all the difference.