



HONG KONG
CHRISTIAN SERVICE
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School Social Work Service

Social Work Service for Pre-Primary Institutions

Parents'
Newsletter
Issue 20

Children's Corner

How to establish a REGULAR BEDTIME ROUTINE for your children?



★ Plan a regular pre-bedtime activity schedule and establish regular bedtime rituals for your children

Brushing teeth, listening to some soothing music, etc. can help children be mentally prepared for sleep and also establish a regular bedtime for them

★ Create a relaxing and calming mood for the pre-bedtime

Storytelling, singing, a relaxing stretch, having a pillow talk with your children, etc. can aid both the parents and children be mindful and find their stillness

★ Arrange regular daytime activities for your children

Playing at the park, joining after school activities, walking with your children to keep them active during daytime

★ Find out the reasons of not being able to sleep

Make conversations with your children and see if they are curious or worried about anything which makes them unable or unwilling to sleep. For example, they may be expecting visitors excitedly.

Don'ts

✦ Check your children's homework just before their bedtime (you may debate with your children when it comes to homework). This will cause tension mentally which can disturb their mood for the bedtime.

✦ Play with the mobile phone or watch TV just before bedtime

✦ Force your children to go to bed impatiently. They may become rebellious in return



Let's do some **STRETCHING**

Having a fun stretching before bedtime can help your children relax and be prepared to go to bed both physically and mentally. Practice stretching consistently can even boost the sleeping quality! Parents can follow the following little insects and animals stretching guide and practice with your children to relax before their bedtime!



Mindful animal:
Outgoing little frog

Keep your legs shoulder-width apart and kneel down with your hands on the floor for 10 seconds.



Mindful insect: Free butterfly

Sit down and hold your soles together with your hands and without rounding your back. Wiggle your knees together around 10 times.

Mindful animal:
Gluttonous cobra

Lie down with your belly on the floor. Put your hands next to your shoulders. Push your upper torso up and hold for 10 seconds.



Mindful animal:
Loving koala

Finally cuddle with your child and then go to bed!

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