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Reward Chart #it'sBedtime

Children need plenty of sleep at night to help them grow and develop. Agree a bedtime goal with your children and decide what the reward will be together.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
EXAMPLE Child: Deborah Bedtime goal: Go to bed on time	😊	😊	😊	😞	😊	😊	😊	New Football
Child 1: Bedtime goal:								
Child 2: Bedtime goal:								
Child 3: Bedtime goal:								
Child 4: Bedtime goal:								

Here are some ideas to get you started on your bedtime goals...

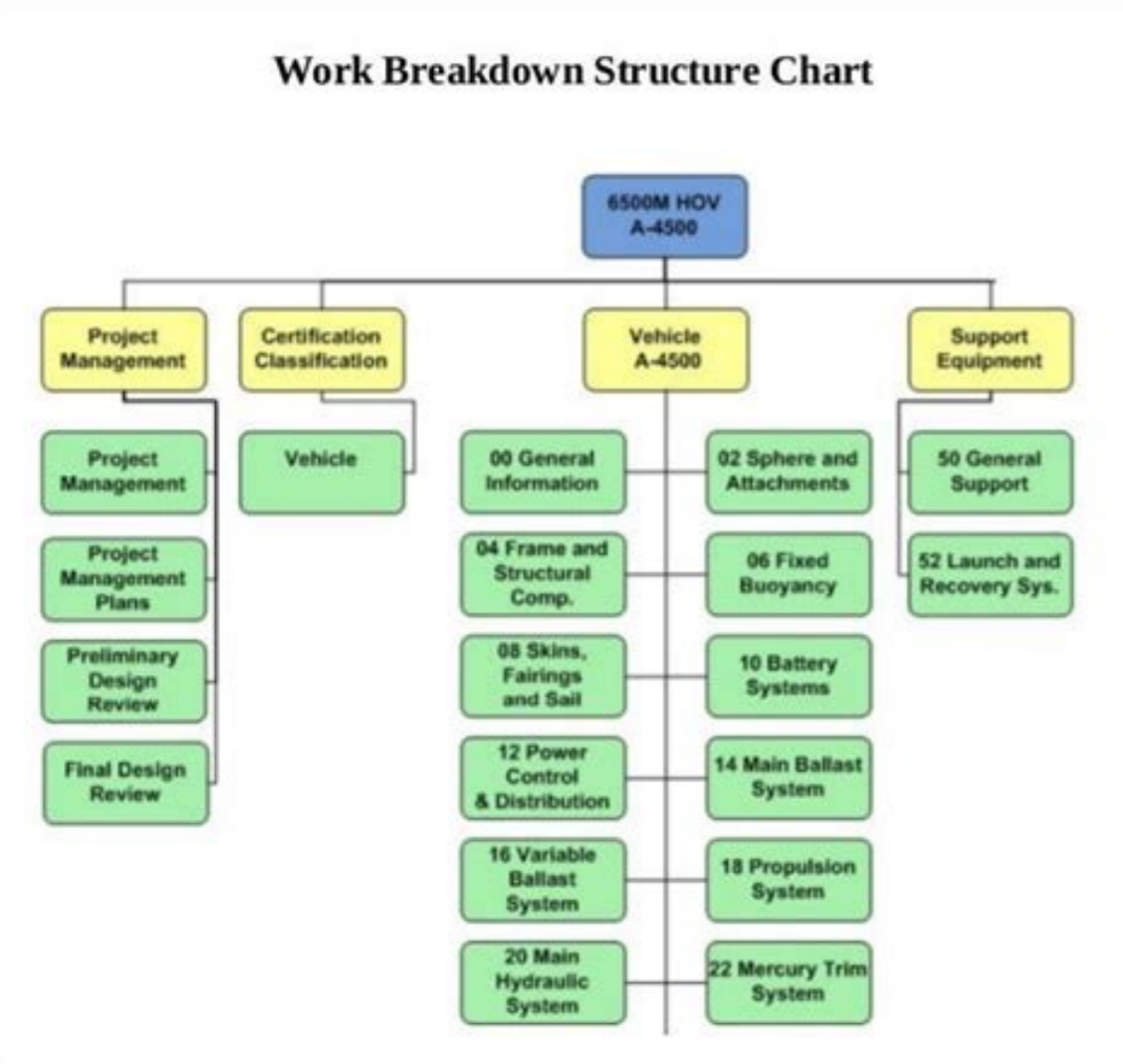
- Going to bed on time
- Sleep all night
- Stay in my own bed
- Leaving the tablet / phone elsewhere

The recommended hours of sleep per night are:

- 11+ hours for under 5 year olds
- 10+ hours for over 5 year olds
- 9+ hours for over 10 year olds

safefood

Find out more about improving your child's sleeping habits at www.safefood.ie



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