

Parenting Tips
COMMUNITY PARENTING SERVICE
6a Penrith Place
BALGA WA 6061
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Opening times : Monday to Friday 12noon to 4pm

Night-time Health

Children need adequate sleep to grow and restore well-being. Each child's sleep need is as individual as he or she is.

Dreams help children process the day's events and are necessary for good emotional health. Children can often remember their dreams in the morning and it is important to allow them to talk about their dreams with you if they bring them up.

Some children have a difficult time sleeping properly and this can be due to:-

- Nightmares – sometimes nightmares occur as a result of stress.
- Night terrors – children do not remember these when they wake up. It is usually difficult or impossible to wake a child during night terrors. You can stay near and hold or stroke your child to help comfort them during this. Your child will grow out of night terrors.
- Sleepwalking – children are not aware that they are sleepwalking. You need to make sure your child is safe (cannot leave the house etc.), and it is a good idea to guide them back to bed. It is important not to forcibly try and wake your child as this can give them a shock.
- Bedwetting – some children continue to wet the bed until 10 or 11 years old. This can be caused by very heavy sleeping or small bladders. If bedwetting is worrying you or your child it is advisable to seek medical advice.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow