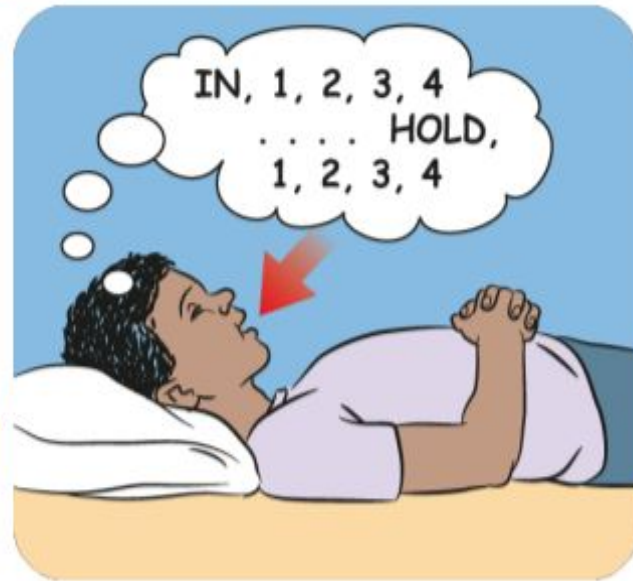


Combining Mindful Breathing to a Good Night's Rest

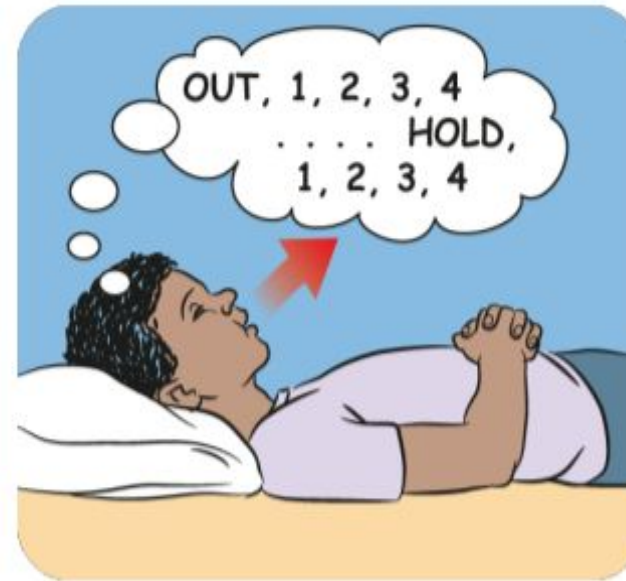
Deep breathing for sleep relaxation



Deep breathing in and out can help children relax. Bubble-blowing can help your child practise deep breathing.



At bedtime, get your child to relax their shoulders. Ask your child to **breathe in for four counts** (count, 'One rabbit, two rabbit, three rabbit, four rabbit'). Ask your child to hold the breath in for four counts.



Ask your child to **breathe out for four counts**. Ask your child to hold the breath out for four counts. Repeat up to four times. Tell your child that deep breathing gets easier with daily practice.

Try these free apps for guided relaxation



Serenity



Smiling Mind

“When you’re calm and not distracted, you can fall asleep more quickly and with less help”

-Dr. S. Mitchell

Recommendations for a better sleep for your child:

- Establish a similar routine each night, even on the weekends (ex. light playtime, warm bath or shower, brush teeth, story)
- Keep bedroom temperature between 18 to 21°C; pajamas should be breathable
- Eliminate as much noise and light in their bedroom
- No screen time 1-2 hours before bedtime
- Read a bedtime story to allow their brain to relax
- Stick to the routine to create safety and predictability for your child