Reward Chart

# 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** |
| EXAMPLEChild: DeborahBedtime 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

Find out more about improving your child’s sleeping habits at [www.safefood.eu](http://www.safefood.eu/)