



### ★ Additional ideas to naturally encourage healthy sleep habits

- ☐ Go outside at least once a day with your child to get fresh air and some sunshine!
- ☐ Avoid screen-time 2-3 hours before bedtime
- ☐ Making sure any light source in your child's room has a warm tone (think sunset colors!)

★ **Based on all of the above exercises, make a complete list of ALL the changes you want to make to your child's sleep environment in the space below:**

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.