



WAYS YOU CAN HELP YOUR CHILD SUCCEED AT SCHOOL



SOUTH DARTMOOR ACADEMY





INTRODUCTION

As a parent or carer, you are your child's first and most important teacher.

Evidence shows that when a parent/carer is involved with their child's schooling, the child does better and has better feelings about going to school. In fact, this goes further. Studies have proven that when parents/carers and families are involved with their child's schooling, this has more success and impact than how much money a family has or indeed how much education a parent or carer has.

There are many ways in which a parent/carer can help their child at home and throughout the school year and beyond the school year.

Here are the top tips to help with this!



- Experts say that sleep is essential for brain development.
- Experts say that it is essential for children to sleep to develop brain functions and ensure body growth – it is during sleep that teenagers release hormones that support growth during puberty.
- Experts say the right amount of sleep is important and that it must include high quality REM sleep. This is the brain's cleaning up time and it needs sleep to function well.
- Experts say that sleep also impacts on daytime functioning including concentration, behaviour, emotional response, memory, motor control – all really important for learning! Poor or too little sleep will result in lower outcomes at school.
- Experts say that the right amount of sleep is as important for health as healthy eating and regular exercise.
- Experts say that a child aged 11-18 should sleep between 8.5-10 hours a night. Even older children need this and need a regular bedtime.
- Experts say lack of sleep can result in eating disorders as the hormone for appetite control is produced during good sleep. This can result in gaining or losing weight.
- Experts say that the person sleeping often doesn't spot patterns of sleep, so do talk to your child about this and if they awake still tired, suggest earlier bedtimes, no eating before sleeping, no mobile technology use for at least 3 hours prior to sleep! Older children can still like an end of day chat so make this a routine to support earlier bedtimes.
- Experts say that in the summer, lighter evenings can encourage later bedtimes – this is not good for sleep; try finding black out curtains, or black out blinds that supports darkness in the bedroom.

ALSO TRY 2: IS SLEEP IMPORTANT?

How many hours sleep should your child be getting and why is it so important?

