








# Reward Chart

#itsBedtime 

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
<b>EXAMPLE</b> Child: Deborah Bedtime 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)