

# KixCare TIPS

## Why is My Child Not Sleeping After Returning to School or Daycare?



Returning to school or daycare can be stressful and challenging for some children, and these changes can affect their sleep. They may be anxious, worried, overwhelmed or overtired, making for long nights without rest.

- 1 Be patient and consistent with them throughout this transition.
- 2 Reassure them you are there for them and that they are okay - adjusting to a new routine takes time!
- 3 Spend that extra minute with your little one before light outs, and give that last hug of reassurance if they need it.

Cut here for a colouring sheet for your little one

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