

Dream Team Back to School September 2024



Are you and your children struggling to get a good night's sleep?

Have you given up your bed for your child to sleep in? Or are your children sharing beds, sleeping on the floor, or sleeping in beds that are broken or too small for them?

If the answer to any of the above is yes, then please don't despair, **you're not alone**, Bed Poverty is estimated to affect 30% of the UK population, with over a million children estimated to have to share a bed with parents or siblings, or sleep on a floor, sofa, or in the bath.

Bed poverty is affecting outcomes for children across the UK, it has a severe impact on their educational attainment, development, and family life. At the most fundamental level, a bed is a safe space for a child, it offers warmth, independence, privacy and comfort, and it is especially important in high stress households. A bed also provides a social function, a place for children to have sleepovers and build their friendships at school.

Sleep deprivation leads to tiredness in lessons, inability to carry out physical activities well, issues with school attendance, embarrassment & low self-esteem, anxiety, mental health issues, difficulty regulating emotions and can lead to wider family tension and distress.

It is a hidden truth that many households simply cannot afford to provide each child with a bed of their own.

As your child's school we want to help!

If bed poverty is affecting your child, please get in touch with us and we can work with you to see how we address this together to support your family to get a good night's sleep.