



SUPPER IDEAS

A small supper can be very helpful in the bedtime routine. There are some foods that are rich in an amino acid that help melatonin release which is helpful at bedtime.

SUPPER IDEAS HERE

Easy, Familiar Meals

- Turkey or chicken wraps with soft tortilla and cream cheese
- Chicken and rice with peas or sweetcorn
- Scrambled egg on toast with a side of milk

Lighter Suppers

- Greek yoghurt with banana and a drizzle of honey
- Oatmeal or porridge made with milk

Snack-Style Plates (Great for picky eaters)

- Cheese cubes, crackers, and sliced turkey
- Banana slices with yoghurt dip
- Boiled egg with toast soldiers
- Small bowl of cereal with milk

DID YOU KNOW?

The best sleepy supper foods are 2 kiwi's, tart cherry juice and piastachio's.

Offering a small supper before bed can be really helpful for children, especially if they are waking overnight or struggling to settle.

Because:

- Prevents hunger waking them up: If a child goes to bed slightly hungry, they are more likely to wake during the night or early morning looking for food
- Supports more settled sleep: A balanced snack can help keep blood sugar levels stable, reducing restlessness and night wakings
- Helps the body prepare for sleep: Certain foods (like dairy, oats, and bananas) contain nutrients that support the production of melatonin, the hormone that helps us fall asleep
- Can reduce reliance on night feeds is over 12 months: For younger children, a well-timed supper can help reduce the need for calories overnight

