

# The Right to Sleep and Rest

December

## Explaining the Right

Children expressed the need for sleep, rest, and downtime in their responses during the Charter process. Just like adults, children also need time to relax.

Children also spoke about rest in the community, and the importance of having a home where you feel safe and can rest.

## A few quotes gathered from children during the Charter creation process:

“Because we need sleep to grow.”

“[I like] my house when no one is there. I like alone time.”

“[We need] apartment buildings families can afford.”

## Families can:

- Host a slumber party
- Ask your child what helps them feel relaxed, and do it together



## Book Recommendations for children and families:

**Good Night Yoga** by  
Mariam Gates (ages 3-7)

The **Burnaby Children's Charter** was developed in 2019 and included the voices of 250 children across Burnaby. The Charter was developed by the Burnaby Children's Community table in partnership with Equitas and is now in the Action Planning Stage, with [multiple agencies](#) having endorsed the Charter. This newsletter is part of a year-long series where we highlight the rights of the Charter each month to support community to action the Charter with us.