

Catching Zzzzzz's



How to Help Your Child Sleep Better & Longer

★ What can you do?



Get in a routine



Eliminate caffeine



Keep it cozy



Stay active



Drowsy, but awake

★ Tell me more...

- ★ **Get in a routine** - Keeping the same bedtime and wake time every day of the week, helps your body to know when it is time to prepare for sleep. Additionally, creating a bedtime routine such as brushing teeth, putting on pajamas, picking out clothes for the next day, and reading a bedtime story, helps your brain begin to enter a more restful state. Make sure screens are turned off and put away a minimum of one hour before bed. Even with the blue filters on, screens keep our brains from entering a restful state.
- ★ **Eliminate caffeine** - Any amount of caffeine (soda, chocolate, tea, coffee) after 12-noon can lead to difficulty both falling asleep and staying asleep.
- ★ **Keep it cozy** - Stick to one small nightlight, as more lights makes it harder to fall and stay asleep. Give your child a soft blanket or stuffed animal that is special to them to use at night. This helps create a sense of safety and security, making it easier for them to stay in their bed during the night. Placing a sound machine or fan in the room can help eliminate any scary nighttime sounds. Ensure the room stays cool, as our body will wake up if we are too warm.
- ★ **Stay active** - Most children need at least 60 minutes of active time throughout the day in order to expend all of their pent up energy. Moving earlier in the day helps kids stay focused during the day and prepares them for a calmer time in the evenings.
- ★ **Drowsy, but awake** - Put your child to bed when they are drowsy, but still awake. When we fall asleep in places other than our beds, our brains learn to associate those other locations with sleep, rather than our beds. Additionally, if your child gets used to having you present when they fall asleep, they will learn to expect your presence, leading to unplanned, middle-of-the-night sleepovers. When children learn to fall asleep without your presence, it is easier for them to fall back asleep when they wake during the night.

My Bedtime Routine Chart

Sleep is Important for a Healthy Brain!

- ★ Sleep helps your ability to listen, concentrate, remember, and learn.
- ★ Not getting enough sleep can make us feel tired, cranky, and make it harder for us to concentrate and play.
- ★ Sleep allows your body to grow strong and repair your body to give you energy for the next day.



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REWARDS

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