

## Parenting Education and Family Engagement

*Working together to help students be successful in school.*

## Take Home Tips

### Why Sleep is Important

#### Research demonstrates that children who get more sleep:

- Have higher grade averages
- Perform better in reasoning and mathematical skills
- Have higher reading scores
- Experience fewer accidents
- Get along with others better
- Focus better
- Get sick less frequently
- Are less likely to be overweight

#### How much sleep do children need?

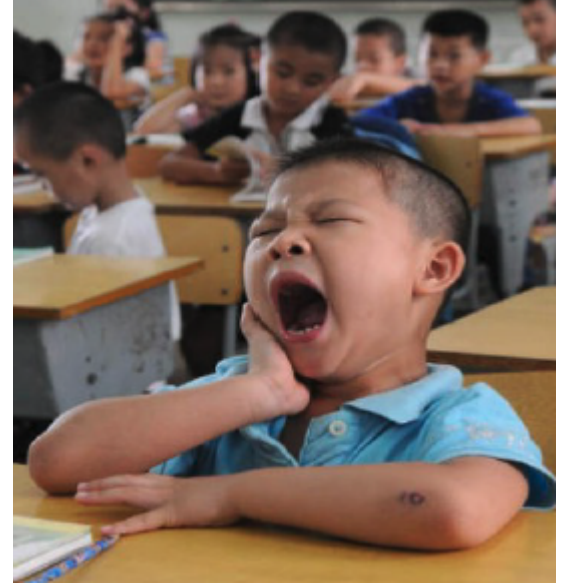
- Children 5-6 years old: 11-12 hours
- Children 7-11 years old: 10-11 hours
- Adults: 8.5 hours

#### Model Schedule

- Children thrive when they are getting the sleep they need every day.
- The more consistent the schedule, the easier slipping into sleep.
- Try to maintain the same schedule seven days a week.

#### Tips for Bedtime

- Have a predictable routine each night (snack, teeth, toileting, pajamas, one book, song, story or back rub).
- Bedtime should be able the same time seven days a week (no more than an hour different on the weekends).
- If a child's bath excites him/her, avoid bathing at bedtime.
- Do not have a TV or computer in the bedroom.
- Limit screen time (TV, video games, computer) to 30-60 minutes a day. Do not allow screen time in the evening before bed.
- Take time to connect at bedtime. A calm child falls asleep more easily and stays asleep.



Source: Kurcinka, Mary Sheedy. Sleepless in America: Is Your Child Misbehavior or Missing Sleep

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