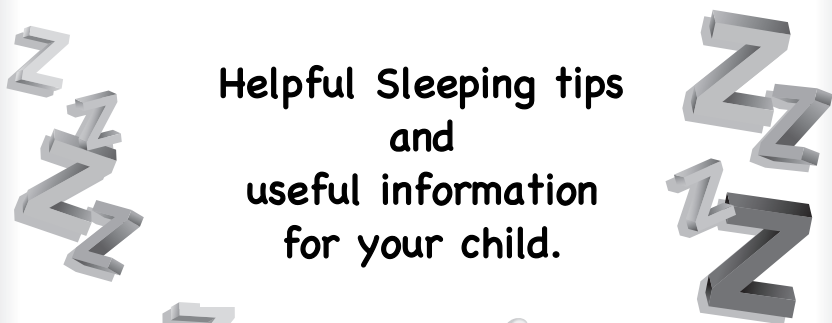


Snooze News...

Helpful Sleeping tips
and
useful information
for your child.

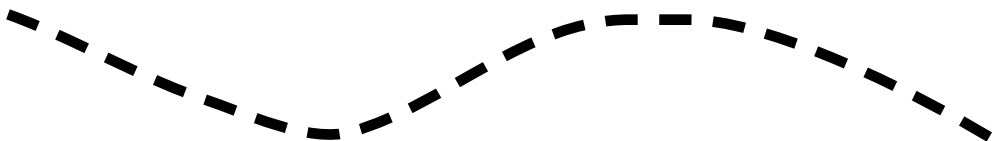


Produced by:
Occupational Therapy
and
Early Childhood Family
Education (ECFE)

**This book is dedicated
to all the families in
Anoka-Hennepin School
District who diligently
work to support
their children.**



ANOKA-HENNEPIN
SCHOOLS
A future without limit



Snooze News...

A tired child can make your life miserable. Tired children jeopardize their ability to learn, manage their behavior and get along with their siblings. Your child's attention, focus and emotions are all compromised when tired. While you can be productive on little sleep, your child can't. Bedtime struggles are stressful for both you and your child... being consistent along with taking charge are small steps you can take to help your child become a better sleeper.

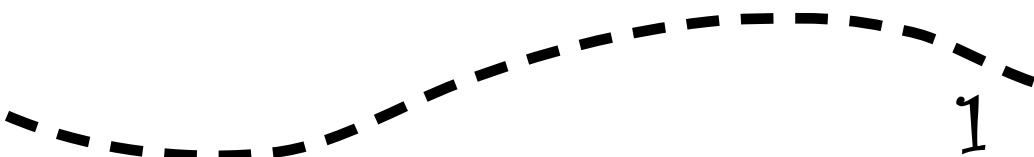
Do you realize that there is a window of opportunity for putting your child to sleep? Missing your child's naturally occurring cues, combined with not accurately reading your child's cues may cause you to miss the window when your child was ready to go to sleep.

Children should never decide when it is bedtime. Allowing children to wake up on their own is desirable. Allowing your child to do that is a natural way for them to reset their own body clock. Readjusting your child's body clock will take time and planning on your part. Consider your families' beliefs, routines and begin to place a priority on sleep. It's worth the effort for both you and your child.

Children who are lacking in sleep are more susceptible to illness and can be mistaken as being hyperactive. Consistency and patience are vital for any change to occur. It takes 21 days, or a long three weeks, for a noticeable change to occur. IF your concerns remain after trying the ideas within this booklet, then consult your doctor.

When your child's day ends with a difficult transition from the living room to the bedroom, the likelihood that your child will not sleep well or experience troubled sleep is increased. Your child needs adequate sleep to think smart and learn.

Remember, your consistency in the bedtime routine is vital for success. Also, You are in charge of bedtime and not your child.



Breaking News

Just how much sleep does my child need?



Average Sleep Needs:

Babies 14-18 hours

Toddlers 11 hours plus a two hour nap

Preschoolers . . 11-12 hours - half of preschoolers nap

School age . . . 10 hours 5-6 year olds will need 11 hours

Adolescents . . . 9.25 hours (*teens average 6 hrs. 50 min.*)

Adults 8.25 hours (*adults average 6 hrs. 54 min.*)

Children who don't wake up on their own in the morning need an earlier bedtime!

Is it a nightmare or SLEEP terror?

Nightmare: occurs middle of the night. Looks like your child is having a scary dream. Your child will remember the dream. Comforting your child by holding and talking to them is good and is accepted by the child having a nightmare.

Sleep terror:
Occur the first few hours after falling asleep. Looks like the child is having physical reactions (scream, thrash, cry or opening eyes). Child won't remember.

Trying to comfort your child during a sleep terror won't help. Sometimes they will push you away. Your job is to keep your child safe during a night terror.



Bedtime Strategies

Helpful phrases:

"I am here even if you can't see me." "Tomorrow you will fall asleep by yourself, because that is what big children do."

Tips for bedtime:

- no TV or computer in bedroom
- Stick to the same bedtime routine
- Stick to the same bedtime hour, not more than an hour different on the weekend
- Consider a visual schedule
- Assure bedding is sensory compatible with the child
 - Avoid scratchy, lumpy
 - Flannel or "t-shirt" material sheets
- Attend to sensory quality of the sleepwear
 - Cotton knit (gives a tighter feeling against the skin)
 - Some prefer looser fit or none at all

Establish sleep patterns:

- Empty bladder even if child is potty trained and still in diapers.
- Avoid caffeine (this includes chocolate and pop)
- A dark room is most helpful if the child can tolerate. If needed; a dim night light until the child falls asleep is okay.

**Stay positive
and reward even the
small steps!**

Recipe for Successful Bedtime Routine

60 minutes before bedtime:

Avoid TV, wild play/rough housing and complete bathing or showering. Low sugar snack and water if desired. *(If calming for the child)*

45 minutes before bedtime:

Move into child's sleep space to avoid any more transitions. Engage in activities where child works on own and with you, for example color/cut, puzzles, interactive books, cuddle while talking about day. Dim lights quiet background.

10 minutes before bedtime:

Sing a final song, read a final book. Switching to sleep... allow child to find his position for sleep. Encourage use of favorite blanket or stuffed animal for comforts and not yourself. When your child wakes up in the middle of the night, they will want their "comforts" and not you.



We can realize a huge return on our investment by giving our kids the free gift of sleep.

Online Resources:

www.Parentchildhelp.com

<http://kidshealth.org/parent/general/sleep/sleep.html>

References:

"The Sleep Book for Tired Parents" by Rebecca Huntley

