



TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 3

Setting up a Healthy Sleep Routine - Lindsey Thomas, LMSW and Jennifer Myles, LPC

Making sure that your child is getting enough sleep each night is one of the best things that you can do as a parent to help them be successful in school. At first, many children will resist having a bedtime especially if they are used to staying up much later. This can make it very difficult for parents to stick with it, however, we promise it will be worth the trouble. Here are some things that you can work on at home to help make sure your child is getting enough sleep.

- Set an age appropriate and consistent bed time to ensure your child gets the recommended amount of sleep time (see recommended hours of sleep by age group in chart).
- Turn off all electronic devices 1 hour minimum before bedtime and have a rule that devices are not allowed after bedtime. An excess amount of blue light that is emitted by electronics can cause your child difficulty when they are trying to go to sleep.
- Build-in physical activity throughout the day and limit nap times so that children are physically tired at bedtime.
- Create a bedtime routine that focuses on self-care activities that support restfulness. These activities can help your child to calm their body and prepare for sleep. Have your child take a hot shower or bath, listen to peaceful music, read a story together or have older children read to themselves. You can also try downloading and listening to a book on tape from the library or try listening to an online story podcast. (<https://willardlibrary.org/index.php/digital-library>) (<https://wonderly.com/shows/stories-podcast/>).
- If your child still has trouble falling or staying asleep talk to them about it during the day and make a plan to address their concerns such as setting up a nightlight, making sure their room is dark and quiet, setting up a fan or white noise machine, and talking about any nighttime fears or anxieties.
- Seek out help from a doctor or therapist if more individualized support is needed because sleep is an extremely important part of your child's physical, emotional, and mental well-being.

Signs that your child is not get enough sleep:

- Long periods of too little sleep can negatively impact your child's body's ability to fight off sicknesses; increasing a likelihood to trips to the doctor's office, missed school days, and falling behind.
- Mental fatigue/brain fog occurs with lack of sleep, this can affect your child's ability to be successful in school, complete daily tasks, and follow directions.
- Too little sleep can directly affect your child's ability to regulate their own emotions. Sleep deficiency can look like anger, hyperactivity, inattention, and moodiness. Depression and anxiety can also be linked and worsened by a lack of sleep.

Questions?

Please call ... 269/966-1460 Youth Crisis Line ... 269/441-5945

24 hour Crisis ... 1/800-632-5449

Crisis Text Number ... 741741



24-Hour Mental Health Care In Calhoun County



BEDTIME ROUTINE	Brush Your Teeth	Use The Potty	Wash Your Hands/ Take A Bath	Read A Book	Lights Out	Stay In Bed Until Morning
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

National Sleep Foundation's Sleep Duration Recommendations:

Newborns (0-3 months): 14-17 hours each day.

Infants (4-11 months): 12-15 hours each day.

Toddlers (1-2 years): 11-14 hours each day.

Preschoolers (3-5): 10-13 hours each day.

School age children (6-13): 9-11 hours each day.

Teenagers (14-17): 8-10 hours each day.

Younger adults (18-25): 7-9 hours each day.

Adults (26-64): 7-9 hours each day.

Older adults (65+): 7-8 hours each day.

