



Bed Time To Do List

Schedule

Have a bed time set. There will be a special occasion a couple times a year but, all efforts should be made to be home for the bed time routine.

Routine

Before bed time have a routine. Put on pajamas, brush teeth, get a drink of water, maybe even read a story. Just decide what needs to happen before bed, start early enough and make it a predictable relaxing time of day.

Consistency

What ever you decide is right for your family and your child, Do it! Not something like it or almost like it. Do it every time.

Dress

Don't wear street clothes to bed as changing is a signal that it is a special time. Sleep is important and we put on sleepwear as part of the routine. Take care that it is appropriate for the temperature. Often children can not pull their covers back on when they get chilled in the night.

Anticipate

Do your best to outwit the "one last thing" stalling technique. If bedtime prompts thirst have a sippy cup by the bed – whatever it takes- you can outlast and outplay. You are the parent.

How lack of sleep affects School success.

When a child isn't getting enough sleep it can affect their participation and success in school

Teachers may report the following

- Depressive Tendencies
- Memory Problems
- Daydreaming
- Indifferentiveness
- Yawning
- Unable to focus
- Increased perception of pain

Sleep Need Averages

- **3-6 years . . . 11 to 13 hours**
- With a bed time between 6 and 8 pm
- **7-12 years . . .10 to 11 hours**
- With a bed time between 7:30 and 9 pm
- **Teens 8 to 10 hours**
- Bedtime adjusted to activities and school hours

What to avoid

Sleep doesn't come as easy to some as others. But, research has shown consistently things we should avoid before bed.

- Avoid bright lit rooms or settings
- Avoid stimulants e.g. caffeine and sugar
- Avoid last minute conversations that might cause stress or anxiety.

Play
Makes
Children
Tired ☹️



Protect bedtime.

Studies show that using digital media at night can interfere with sleep quality. Try restricting the use of phones, tablets, video games and computers to at least 30 minutes before bed. Think twice about letting your child use those devices in his or her bedroom after lights out.