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August Parenting Tip of the Month...

Sleeping Habits During School Year



August is back-to-school month for many families. This means purchasing new school supplies, arranging transportation and adjusting to a new routine. One way parents can help their child have a successful start to the new school year is by developing a bedtime routine. According to a research study found in the Journal of Developmental & Behavioral Pediatrics on sleep and preschoolers, 4-year-olds that received less than average sleep times had increased rates of behavior problems. (*Wolters Kluwer Health: Lippincott Williams & Wilkins; July 2013 edition*)

To help you develop a sleep routine for your child, here are some tips from the National Sleep Foundation:

- Two weeks before the first day of school, gradually adjust children's sleep and wake schedules. This will help reset their biological clocks.
- To make sure children are getting enough sleep, keep a regular bedtime on the weekends.
- Children need time to wind down, so plan a relaxing bedtime routine. Keep the routine the same so children can associate all steps with sleep.
- The sleep environment should be cool, quiet, dimly lit and comfortable.
- Video games, TVs, computers and cell phones should be turned off one hour before bedtime. The use of electronics before bed can lead to poor sleep.
- Limit caffeine six hours before bedtime.
- Provide children with healthy meals and regular exercise to promote sleep.



Sleep Requirements for the Whole Family

<u>Age</u>	<u>Hours</u>
0 - 3 months	14 - 17 including naps
4 - 11 months	12 - 15 including naps
1 - 2 years	11 - 14 including naps
3 - 5 years	10 - 13 including naps
6 - 13 years	9 - 11
Teens (14 - 17)	8 - 10
Adults	7 - 9

To download the National Sleep Foundation's sleep recommendations chart, [click here](#).

For more tips on supporting your child's sleep, visit the National Sleep Foundation at <https://sleepfoundation.org/sleep-topics/children-and-sleep>.

Sources: National Sleep Foundation website, <https://sleepfoundation.org/>
ScienceDaily.com; *Tots who sleep less have more behavior problems, study finds*;
<https://www.sciencedaily.com/releases/2013/07/130710114228.htm>

Looking for child care or parent resources?

*Don't forget to contact our Parent Resource Center at 785-357-5171,
877-678-2548 toll free, and select option 1!*

Child Care Aware® of Eastern Kansas supports the development and learning of young children by offering programs and services that improve the quality and accessibility of child care for working families.



To contact Child Care Aware® of Eastern Kansas,
call 785-357-5171 or 877-678-2548 toll free.
Visit our website at east.ks.childcareaware.org.

