

DID YOU KNOW?



Did you know that getting the right amount of sleep improves your child's mood and behavior? Helping your child have good sleep habits takes time and effort. It is best to start teaching your children good sleep habits when they are young, but it is never too late to do it.

Make a calm room or area for the best sleep.

Just like we help our children learn healthy habits like brushing their teeth, taking baths, and eating right, we must help them learn good sleep habits.



Make sure your child feels safe at night.

Feeling scared or worried is a common reason kids cannot sleep. Do not watch scary shows, or talk about stressful events, especially close to bedtime. It is okay to discuss worries, just not at bedtime. If your child needs it, try creating a "worry time" to discuss your child's concerns and teach them how to cope with them. This can free children of the need to worry before bed and help create a calm sleep space.

Use the bed only for sleep. Kids need to associate their bed or crib with sleep. Put kids to sleep in their own bed or sleep space for naps and at bedtime. And do not let your child do homework or watch TV in bed. When you do this, they learn that **their bed is for sleeping and nothing else.**



Here are some of the most important things you can do to help your children (and you) get the best night's sleep.

- 1. MAKE THE ROOM GOOD FOR SLEEPING.** The room should be dark. Turn off bright alarm clocks, game consoles with flashing lights, tablets, phones, and televisions.
- 2. THE ROOM SHOULD BE COOL.** Lower the temperature if you can or open the window slightly to let in cool air. Use light bedsheets or lightweight pajamas when it is hot outside.
- 3. THE ROOM SHOULD BE QUIET.** If there is a lot of noise in the room or neighborhood, use a white noise machine or fan to help provide consistent and calming sounds.

One of the biggest sleep struggles is when kids fall asleep in their parents' room or go into their parents' bed in the middle of the night. If your child wakes up in the middle of the night, take them back to their bed as soon as possible. If your child needs your comfort when going to bed, sit on a comfortable chair next to their bed until they fall asleep. **Kids need to learn that they can sleep on their own, in their own bed.**



You will know your child is getting enough good sleep if they wake up by themselves every morning at the same time. For some kids, it might be at 5:30am!



IDEAS TO MAKE THE BEDROOM A GREAT PLACE TO SLEEP

USE A FAN OR WHITE NOISE MACHINE



USE LIGHTWEIGHT SHEETS



KEEP THE ROOM COOL BY OPENING A WINDOW



TURN OFF FLASHING LIGHTS



WAKE UP AT THE SAME TIME EVERY DAY



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