

## All About Sleep

Sleep is an important part of being healthy, and sleep needs vary by age.

The link between a lack of sleep and a child's behavior may not always be obvious, but kids can become hyper, disagreeable, and/or have extreme changes in behavior.

Here are some numbers based on age, and tips to help your child sleep.

### Preschoolers

Preschoolers sleep about 10-13 hours a night, and those who get enough rest at night may no longer need a daytime nap.

As kids give up their naps, they may go to bed earlier at night.

### School-age kids and pre-teens

School-age kids need 9-12 hours of sleep a night. Bedtime problems may start to be prominent at this age due to homework, sports, after-school activities, hectic family schedules and screen time can all contribute to kids not getting the sleep they need.

### Tips to help kids sleep

- Have a consistent bedtime, especially on school nights.
- Have technology-free time (at least an hour) before bed to allow your child to unwind before the lights are turned off.
- Keep bedrooms screen-free.
- Establish a pre-bed routine—this can help encourage good sleep habits. This may include reading, taking a shower/bath, yoga or stretching, and other quiet activities.

Source:

<https://kidshealth.org/en/parents/sleep.html?WT.ac=ctg>

## Alcohol Awareness

It's easy for kids to get the wrong message about alcohol—they might see their parents drink or tv shows/commercials that make it look like a lot of fun, but it can lead to health and other problems.

Individuals may crave it and have little or no control over their drinking. Unhealthy alcohol use can put your health and safety at risk.

Alcohol is illegal for people under the age of 21, and the hope is that individuals at that age will be able to make good and mature decisions while drinking—such as saying no to drinking and driving.

## Earth Day 2021

*Earth day falls on Thursday April 22<sup>nd</sup> this year, but that doesn't mean you can't be thinking about ways to be 'green' the entire month!*

*Being 'green' means you take steps to be thinking about the environment and the ways you and your friends/family can help protect the land, water and air around us.*

### Ways to be Green:

- Don't litter, and pick it up if you see it
- Recycle cans, bottles, and paper
  - Turn off the water when brushing your teeth, and be conscientious while showering
- Unplug chargers for electronics when not in use
  - Donate clothes to local organizations instead of throwing away

## What to do if your child can't sleep

Here are a few suggestions for helping your child with sleep:

### Bedtime fears or nightmares

Kids may be afraid of the dark, not like being alone, or be fearful of having scary dreams. Make your child's bedroom feel relaxed and peaceful—pictures, a mobile over the bed or a nightlight may help.

Sometimes, kids will have nightmares after watching a scary or violent TV show. Having peaceful activities (such as soothing music, a calming book, etc.) before bed can help you have sweet dreams.

### Worry & Stress

It's easy for kids to feel stress when there is a lot going on—school, sports, chores, and big changes, such as divorce, death or moving. It's important to talk to your child(ren) about how they are feeling, and possibly freeing up schedules if that is a source of stress and concern.

### Feeling Uncomfortable

Kids that are too hot, cold, hungry or crowded may not get sleep like they should. A sleep-friendly bedtime routine and space can help sleep, such as keeping the bed not-so-jammed with blankets and stuffed animals; keeping a fan on or putting on socks if cold; and taking a warm bath before bed or incorporating reading.

### Seeking Help

*Some sleep habits can be addressed with a few changes in schedules, environment and pre-bed routines. If this doesn't seem to help, seeing your child's Primary Care Provider can help to identify if there is a problem and solutions for addressing it.*

Source:

<https://kidshealth.org/en/kids/cant-sleep.html?ref=search>