



# BACKPACK NEWS KIDS

## Sleeplessness in kids

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 them 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/cantsleep.html?ref=search>

## Earth Day 2023

Earth day falls on Saturday April 22nd this year, and let's agree to be green! 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.

Ideas are:

- Pick up litter 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

## School Nurse Expertise

From Toni Zastrow, School Nurse for the Lake Mills School District:

**“Sleep is so important for our mental and physical health. A well-timed and sufficient duration of sleep will increase relaxation and provide for a successful day!”**

## Tips for Parents

If you don't have a pre-bed routine for the family, start one today. About an hour before bed, start the wind-down process and encourage an activity that will signal that it's almost time for bed.

## 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>