

4 EASY WAYS TO GET YOUR CHILD TO FALL ASLEEP

**Bedtime is here - but your child isn't tired.
Here's how to keep them in bed & get them sleepy.**



Listen to an Audiobook

Reading bedtime stories is great. But if the light is on, and your child is looking at pictures they might stay awake. After you read a while, turn off the lights and turn on a relaxing audio-book story.



Create a Pre-Sleep Massage Routine

Many kids enjoy a back-massage, gentle arm-tickle, head scratch, or tummy rub. The beauty of these is that you can do them in the dark, and your child will lie still and - hopefully! - get sleepy.



Play Music or White Noise

Kids often lie in bed bored - and their mind starts racing. Give them an audio focal point. The gentle sounds of ocean waves, rainfall or soft music can soothe them without keeping them awake and alert.



Use cuddly bedding

Sheets and pillowcases made of fleece or flannel are warm and soft to the touch. A stuffed animal to cuddle provides security. If your child finds it hard to relax, invest in a child-size weighted blanket. A cozy bed makes falling asleep easier.



5 Things You Need to Know about SLEEP

1

Sleep affects all 24 hours of your child's day.

Poor sleep causes crying, tantrums and whining. It can affect health and growth. It makes it harder to learn.

2

One in three children wakes up at night.

Night waking is normal: All humans do it. It takes sleep maturity for kids to fall *back to sleep* on their own.

3

The first 5 minutes of nap reduce tiredness, but...

Nodding off gives a boost of energy but fatigue catches up. Your child could be cranky for the rest of the day.

4

Early bedtime means better sleep.

Kids have a biological pull toward early bedtime: They'll fall asleep easier, sleep better and wake up happier.

5

A dark room & soft sounds bring better slumber.

Set your child's biological clock: Dim the lights the hour before bed. Reduce activity. Mask noises and create a strong sleep cue with white noise or soft music.



6 Steps to **CALM YOUR ANGER**

1

STOP

Identify your feelings: Anger!
Stop talking.
Just. Stop. Talking.

2

SPACE

Move away from your child or
move your child away from
you to a safe place.

3

SOOTHE

Calm yourself. Do some deep
breathing, repeat a relaxing
phrase, or say a prayer.
Read, listen to music, or exercise.

4

SEE

Replay what happened in your
mind's eye. What really happened?
Analyze the situation objectively.

5

SPECIFY

Define the exact problem in
concrete terms: "The problem is
that my child _____, but I
want _____."

6

SOLVE

Decide on a plan of action.
Create several possible solutions.
Calmly follow through.

This is what safe bedsharing looks like.

Smoke-free room

Firm bed, smooth sheets

Fully sober parent

No spaces or gaps

No pillows near baby

Healthy baby

Baby sleeping on back

**Breastfeeding mother
(for infants)**

No swaddling

No toys

No heavy blankets

**No pets
or siblings**

Mom lying on side, knees up

**Mattress on floor
or secure with
baby-safe side rails**

Childproofed room



Better Questions to Ask When Your Child Comes Home from School

~~How was your day?~~

- ✓ What made you smile today?
- ✓ Can you teach me one thing you learned today?
- ✓ Did you talk to anyone new?
- ✓ What are you looking forward to tomorrow?

10 ways to

Get Kids to Cooperate



- 1** Offer choices
- 2** Create rules
- 3** Talk: Eye-to-eye
- 4** Sing or be silly
- 5** Tell a story to teach
- 6** Ask a question
- 7** Find the real problem
Tired? Hungry? Sad?
- 8** Say it: Brief & clear
- 9** Engage imagination
- 10** Pick your battles

5 Ways to Speed up your Dawdler and 4 things that don't work

NoCrySolution.com

- 1** Give specific step-by-step directions.
Ask for one thing at a time.
- 2** Provide a list with check-off boxes.
Give it to your kid on a clipboard - it's fun!
- 3** Check your child's sleep schedule. A tired child will move at a slower pace.
- 4** Use 'when/then' statements. When you get in the car then you can have a snack.
- 5** Focus on priorities. Don't over-schedule. If your family is 'too busy' your kids will dawdle.

- 1** Don't say 'Hurry up!' Never in history has a child responded to this by hurrying up!
- 2** Don't say it's time to go if YOU aren't really and truly ready to go.
- 3** Don't expect more than your child's usual speed - which is definately less than yours.
- 4** Don't be vague: "Time to go." Be specific: "Put on your coat and shoes & get in the car."

9 Fun Ways to Get Kids to Cooperate

Give a crazy choice

Clean your
room . . . or
the basement?

Play pretend

Hop to the
car like a
bunny or eat
like a puppy.

Sing a song

Use an
opera voice
or model a
favorite tune.

Have a contest

Who can put
on pajamas
the quickest?

Make something talk

The car, shoe,
toy or diaper
can chat

Say it backward

Don't eat the
spinach!
It will make
you strong!

Tell a story

About a cat
who went to
the dentist or
on an airplane.

Be a bit goofy

Put a sock on
a hand and a
shirt on a foot.

Act it Out

Mime your
request - or be
Shakespeare.

5 WAYS TO TEACH YOUR KIDS TO BE *Grateful*



Point out kindness in the world.

It can be easy to miss the small ways that people show kindness and gratefulness. Has someone been a gracious listener, done a favor, or held a door? Take a minute to point out what you see, and how lovely it is. There are lots of good people in our world.



Give thank you notes & gifts.

When someone goes out of their way for your child encourage them to say thanks - by a text or card, putting it in writing makes it real. If your child is invited to a friend's for dinner, have them bring flowers for the parent who cooked.



Say daily grace, prayers or thanks.

Whether it's a dinner grace or a bedtime prayer, teach your children to be grateful for the blessings they have in their own lives. They may not even be aware of how many blessings there are until you point them out.



Volunteer to help others as a family.

Check out local charities that could use a hand. Your church, pet shelter or retirement home. Give of your time and then discuss the joy and accomplishment you feel when you enrich the lives of others.



Be a model: Say thanks to your child.

When your children do their chores properly or finish their homework without a fuss, it's great modeling to tell them how much you appreciate what they've done.



10 Ways to Raise a Happy Kid

- 1 Listen when they talk**
- 2 Point out their strengths**
- 3 Teach them to care**
- 4 Validate their feelings**
- 5 Encourage their friendships**
- 6 Give 'do-nothing time' daily**
- 7 Eat as a family**
- 8 Limit screen-time**
- 9 Let your happiness show**
- 10 Hug & say I love you - often**

**Life is made up of moments.
One, plus one, plus one. When
your children are young, the days
last forever and sleep deprivation
makes them slightly foggy.**

**Then, before you know it, they're
in school. The days are quiet.
The house a bit emptier.**

**A blink after that, they drive away
in a car filled to bursting with
a teen's possessions, heading
toward college or wherever their
young lives lead them.**

**You'll stand in the driveway,
as a movie-loop of childhood
plays through your head.
The tears roll down your cheeks
and gasping sobs take
over your body, because
your movie shows memories
filled with happiness and love.**

**Raising a child starts with a blur
that is babyhood. It's only the
beginning. It sets in motion a
relationship that will blossom
from what you plant today.**

**~ *The No-Cry Sleep Solution*
*NoCrySolution.com***



SIGNS YOUR BABY IS TIRED



ACTIVITY SIGNS

- ~ Staring off into space
- ~ Slowing down
- ~ Becoming quiet



BODY SIGNS

- ~ Rubbing eyes, ears or hair
- ~ Droopy jaw, chin or mouth
- ~ Slumping in their seat



BEHAVIOR SIGNS

- ~ Being cranky and clingy
- ~ Having tantrums
- ~ Hyperactive behavior



PLAY SIGNS

- ~ Less interest in play or people
- ~ Losing patience with toys
- ~ Lack of coordination



EXHAUSTED SIGNS

- ~ Whimpering, crying, whining
- ~ Dark circles around eyes
- ~ Flailing, jerky movements



TIMING SIGNS

- ~ Has been awake too long:
Newborn: 1 to 3 hours
6-month-old: 2 to 3 hours
12-month old: 3 to 5 hours