

Set Your Child's Biological Clock for **Better Sleep**

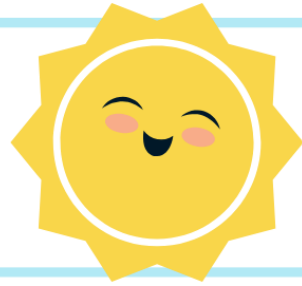


DIM THE LIGHTS AT NIGHT

Darkness causes a release of melatonin, the body's natural sleep hormone. Help your child feel tired by dimming the lights the hour before bedtime, and keeping the room dark all night.

HAVE BRIGHT DAYS

Light signals the brain to be alert. Natural daylight is the best, particularly in the morning. Aim for time outside or near a window every day. Getting outside is best, whenever you can do it!

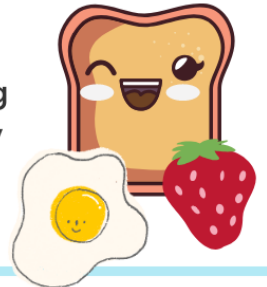


KEEP SLEEP HOURS HUSHED

If your child wakes for feedings, diaper changes or potty runs - keep the lights low, your voices quiet and movements slow and relaxed to maintain the sleepy mood.

GIVE PLENTY OF DAYTIME FOOD

Babies and young children are prone to shorting daytime calories and then waking at night hungry. Focus on providing plenty of breastfeeding, or healthy meals and snacks throughout the day.



STICK TO A BED TIME

A staggered bed time is like creating jet lag every day. Putting your child to bed at the same time every night sets an internal clock. If your child is a finicky sleeper this tip might really do the trick.

KEEP A GOOD NAP ROUTINE

Children who don't nap get overtired and wired. They find it hard to fall asleep at night. Their fatigue interferes with their body's natural rhythms.



HAVE A JOYFUL SEND-OFF

Your bedtime routine should be relaxed and happy. Book reading, lullabies, massage, positive conversation and quiet connection. A peaceful mind lets a child fall asleep easier.





Signs that your child needs a **DAILY NAP**



RESISTS TAKING A NAP

... but eventually does fall asleep - and then sleeps an hour or longer.



WAKES UP IN A GOOD MOOD

... but gets cranky, whiny or short-tempered as the day goes on.



IS TYPICALLY PATIENT

... but is much more easily aggravated or frustrated later on.



IS COORDINATED IN THE MORNING

... but later falls down, or can't manage a puzzle, or has trouble tying their shoes.



HAS AN AFTER-DINNER SLUMP IN ENERGY

... but after the lull gets a second wind, maybe even too much wind!



HAS A NORMAL PACE

... but later in the day becomes wild, wired up or hyper-active.



CHATS & PLAYS IN THE CAR

... but later in the afternoon or early evening often falls asleep during a drive.



WAKES UP EASY WHEN WELL-RESTED

... but the day after missing a nap has a hard time waking up in the morning.



7 tips for Happy good-byes!

Does separation anxiety hit when you drop your child off?

**Here are some ideas to
help make good-byes easier**

1

CREATE VERY SPECIFIC ROUTINES

Do and say the same things for every drop-off and pick-up. Include a special kiss/hug/hand-shake/good-bye phrase: See ya later alligator!

2

SET AN ARRIVAL CUE EACH DAY

Link your return to a certain activity, such as after nap, playground or snack time. Let your child know when to expect you back. "I'll be back right after your snack time."

3

PROVIDE AN ADJUSTMENT PERIOD

At drop-off & pick-up allow a 5 minute adjustment period. Ask your kid to show you something fun. When it's time to go, follow your good-bye routine.

4

BUILD FRIENDSHIPS AT PLAYDATES

Organize play sessions away from school to allow kids to develop more personal friendships. The connection between them gives security when they are away from home.

5

PLAN ARRIVAL WITH OTHER KIDS

Walk or ride to school with another family. Having friends to walk into the building with can change the dynamics of the drop off routine.

6

HAVE FUN ON THE JOURNEY

Bring a snack bag every day. Play a game, such as I-spy, or count all the red cars you see. Discuss things your child can plan for, or share memories about fun times they've had.

7

STAY CALM IF YOUR CHILD ISN'T

Your child desperately needs your calm and peaceful reassurance. Tune out the other kids and parents so that you can focus on your child only for the moment.



How to Build a Better BEDTIME ROUTINE



MAKE A RITUAL TO ENJOY

... convey a feeling of value. This is a great way for your family to connect at the end of every day.



PICK A TIME & STICK TO IT

... begin your routine at the same time every night. Set an alarm with a funny sound (dog bark!) to signal it's time.



MAKE THE FIRST THING FUN

... make the first step easy and nice so it won't be avoided. Be creative - the routine doesn't have to be boring.



CREATE A WALL CHART

... make a poster that shows all the steps in your routine. Hang it up and let your child guide the process.



MAKE IT DARK AND COZY

... dimmer lighting brings on sleepiness. Use battery-operated candles, twinkle lights, or night lights with dim bulbs.



DON'T RUSH THE PACE

... If you try to get it done quickly it will take longer! Take a breath. Find a way to enjoy this part of the night.



LISTEN TO AN AUDIO BOOK

... turn off the lights and listen to a story. This keeps kids in bed and builds a happy, relaxing and enriching habit to end each day.



USE SOFT SOUNDS FOR RESTFUL AMBIENCE

... gentle background music or sounds of rain or ocean waves can help kids and parents to relax.

How to Get your Picky Eater to Try New Foods



FIRST, PRIORITIZE

... Is your child's overall diet healthy? They shouldn't have to taste everything. Relax - take the pressure off.



TEENY-TINY BITS

... Start small — two chickpeas! Let your kid poke it, smell it, and smash it. Experimentation is the first step.



MAKE IT FAMILIAR

... Put a bit on your child's plate three times a week. Exposure promotes comfort - so it's no longer new.



MONKEY SEE – MONKEY DO

... Let your child see you eat the new food. If YOU actually enjoy it, your kid might decide it's something to try.



SHOW AN EXAMPLE

... Offer another adult a taste. When they declare it tasty your child may be more willing to take a bite.



MAKE IT AN APPETIZER

... Try putting it out before dinner is served. If it's the first thing offered, it might be more tempting.



BE PATIENT & PERSISTENT

... It may take a while. This isn't something you fix in a day, but will improve gradually one food at a time.



IS YOUR CHILD'S BEHAVIOR A SIGN OF POOR SLEEP?

Your child may not seem overtired, because kids don't always act tired – at least not in the ways we expect. But chronic overtiredness can affect daytime behavior, learning and growth. Here are the signs. If you see a few of these then work hard to improve your child's sleep.

1 TENDS TO BE HYPERACTIVE

Is wired or amped up, especially at times when it makes more sense to be tired

2 RESISTS SLEEP AT BEDTIME

Is restless and has difficulty settling down and falling asleep when put into bed

3 IS STUBBORN & DAWDLES

Is often sluggish or slow-to-start and requires prodding to get going, particularly in the morning

4 NODS OFF DURING THE DAY

Falls asleep often when in the car, bus or train, or when reading or watching TV

5 IS NOT AN EARLY BIRD

Sleeps later in the morning - or takes a longer nap - on those days when the house is quiet

6 WAKES UP SLOWLY

Is grumpy when awoken or takes a long time to become fully alert in the morning

Get Your Child to Happily Cooperate!



OFFER CHOICES

Let your child choose between two or three things. It sets a tone of collaboration and respect.

SET PRIORITIES

"When/Then" is clear and polite:
"WHEN you finish your homework,
THEN you may play your game."



PICK YOUR BATTLES

... BUT DON'T PICK EVERY ONE.
Every single issue doesn't have to be a struggle. Let some things go for now - or for good.



STATE A FACT

Make an observation, "There are dirty dishes in your room. What do you think needs to be done?"



HAVE SOME FUN

Children aren't serious like we are. Almost any task can be made fun with a race, contest or a silly prize.



MAKE IT TALK

Give a voice to a green bean, a sock, the trash can, or even your hand. It's MAGIC with little kids and will make big kids laugh!





HOW TO HELP SIBLINGS BECOME FRIENDS



APPRECIATE YOUR CHILDREN'S DIFFERENCES

... and their similarities, too.
Teach them to do the same.
They are different people and
can learn to respect each other.



GIVE THEM TIME TO PLAY

... Together and alone, both
organized and unstructured,
with and without you around:
it's all important.

FIND INTERESTS THEY SHARE

... and arrange ways for them
to pursue those interests. If they
like different things, encourage
them to support each other.



CATCH THEM BEING GOOD

... and reward them for getting
along with positive attention. Don't
wait until there's a problem to step
it -- jump in with compliments, too.



LET THEM COMPLAIN TO EACH OTHER ABOUT THINGS THAT MAKE THEM MAD (INCLUDING YOU)

... It builds their bond and gives them
someone to talk to about big emotions.



READ & EAT DINNER AS A FAMILY

... Having these two activities all
together as a family on a regular
basis creates connection and unity.

DON'T REFEREE EVERY SKIRMISH

... You shouldn't dictate all the
answers. Teach the kids how to
negotiate and compromise with
each other to find their best solution.



TEACH THAT 'FAIR' DOESN'T ALWAYS MEAN 'EQUAL.'

... Help each child focus on their
own personal needs rather than
what a sibling has.



FIX STICKING POINTS

... Don't let them continue to fight
over the same things day after day.
Solve repeat issues by helping
them come up with solutions.



THINK OF LIFETIME GOALS

... Don't focus on this one moment
only, think long term. Aim towards
having them be friends when they
become adults.



GENTLE *No-Cry* WAYS TO IMPROVE YOUR BABY'S SLEEP

**You desperately need sleep.
You don't want to make your baby cry.
Here's how to help your baby sleep better.**

1 KNOW THAT YOU DON'T HAVE TO FOLLOW UNWANTED ADVICE

Your baby is unique. Your family is unique. There are no one-size-fits-all answers. Find what works best for your baby and for YOU.

2 LEARN TO READ YOUR BABY'S OWN TIRED SIGNALS

Watch your child for signs of tiredness, then put your baby immediately to bed. Missing the signs creates over-tiredness.

3 PAY ATTENTION TO YOUR BABY'S SPAN OF AWAKE TIME

Newborns can be happily awake for only an hour or so. By 3 months it's two hours. At 6 months it's three hours. Tired = cranky.

4 WORK WITH BIOLOGY

Darkness increases the body's sleep hormone – a biological "stop" button. So dim the lights the hour before bedtime.

5 LET YOUR SLEEPING BABY SLEEP

Babies are noisy, active sleepers. These sounds and motions don't mean they need your attention. Quietly watch and wait.

6 USE THE MAGIC OF LULLABIES OR WHITE NOISE

Soft background sounds soothe babies to sleep. It also keeps them sleeping by blocking out loud, sharp noises.

7 PROVIDE GENTLE MOTION FOR RELAXATION

A rigid, unmoving crib can make it hard for some babies to settle. Gentle rocking can help Baby get tired & fall asleep easier.

DOES YOUR CHILD HAVE A SLEEP DISORDER?

Nightwaking and resisting sleep are normal, so how can you tell if it's more?

Here is a list of symptoms associated with common children's sleep disorders. If you have a feeling something isn't right, and some of these apply to your child, give your doctor a call.

1 SNORES LOUDLY MOST NIGHTS, BREATHES THROUGH THE MOUTH

2 IS A NOISY SLEEPER; SNORTS, GASPS, WHEEZES, COUGHS

3 SWEATS HEAVILY; RESTLESS; CAN'T GET COMFORTABLE

4 FREQUENT OR INTENSE NIGHT TERRORS OR NIGHTMARES

5 SLEEPS IN ODD, CONTORTED POSITIONS

6 OFTEN WAKES UP WITH A HEADACHE OR SORE THROAT

7 TIRED, INATTENTIVE, IRRITABLE OR HYPERACTIVE DURING THE DAY