

BEDTIMES ARE IMPORTANT!



Created by Families for Forward Thinking
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Introduction:

Sleep is important for everyone of all ages! Having a bedtime routine that is enjoyable for everyone in the family is also important. Many studies have been done on the impacts of bedtime routines and adequate amounts of sleep. Sleep has many benefits such as: higher concentration, better mood or less mood swings, better behavior, and other routines.

Fast Facts:

1. Inconsistent bedtimes affect young children like jet lag.
2. Children up to the age of three years old need 10-13 hours of sleep every night as well as a daily nap.
3. Children aged 3-5 need 10-12 hours of sleep every night.
4. A good night's sleep is essential to the function of the immune system.
5. Inadequate sleep is linked to disorders such as ADD, ADHD, and other behavioral issues.

Activities for the Family:

1. Read a book before bed.
2. Listen to calming and soothing music.
3. A quick and easy yoga video.
4. Bath before bed.
6. Be consistent.
5. Play a quiet board game as a family before bed.
6. Get stuffed animals ready for bed.
7. Post a procedures chart with steps and pictures for child's bedtime routine.

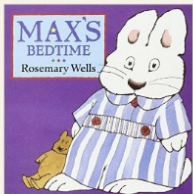


Resources

Books for Children:



Goodnight Moon
By Margaret Brown



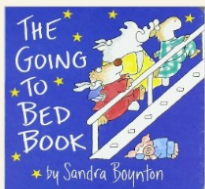
Max's Bedtime
By Rosemary Wells



Don't Let the Pigeon Stay up Late
By Mo Willems



Pajama Time
By Sandra Boynton



The Going to Bed Book
By Sandra Boynton

Books for Adults:

1. *No More Bedtime Battles*
By Lee Canter and Marlene Canter
2. *Breaking the Co-Sleeping Habit*
By Valerie Levine
3. *The 7 O'clock Bedtime*
By Inda Schaenen

Websites for Adults:

1. Bedtimes
<http://www.bedtime.com>
2. Importance of Reading Bedtime Stories
<http://www.scholastic.com/parents/resources/article/parent-child/importance-reading-bedtime-stories-to-big-kids>
3. Kids Health
<http://kidshealth.org/en/parents/sleep.html>

Websites for Kids:

1. Bedtime Stories Collection
<http://www.bedtimestoriescollection.com>
2. Hello Kids
http://www.hellokids.com/r_7/reading-and-learning/tales-for-children
3. Sleep for Kids
<http://www.sleepforkids.org>

Sources:

<http://www.goodreads.com>
<http://www.amazon.com>
<http://www.webmd.com/sleep-disorders/features/guidelines-for-your-childs-bedtime>
http://www.celestialhealing.net/childrens_health/Childhood_Sleep_Routine.htm
<http://www.npr.org/2013/12/16/251462015/why-a-regular-bedtime-is-important-for-children>

For further information, please visit our partner's website at www.weewisdomkids.com