A Body at Rest



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Why Sleep is Crusial for Child's Development

Getting Enough Sleep Impacts:

- Ability to pay attention/learn
- Brain functioning
- Physical growth
- Mood
- Emotional Regulation



How Much Sleep is Needed?

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How much sleep does your baby/ young child need:

Babies (12 months and under) 12 to 16 hours including nap

Toddlers (12 to 24 months) 11 to 14 hours including nap

Preschoolers (3 to 5 years) 10 to 13 hours, may include nap

How much sleep does school-aged child need: School-aged kids (6 to 12 years) 9 to 12 hours Adolescents (13 to 18 years) 8 to 10 hours

American Academy of Sleep Medicine

Where do Kids Develop Sleep Habits/Routines?

Sleep routines are developed at home by parents/ caregivers

Things That Can Get In the Way of Establishing a Good Bedtime Routine

- Inconsistency in bedtime
- Child's resistance
- Screens/electronic devices
- Rough housing or vigorous play at bedtime
- Parent/caregiver work schedule
- Lack of routines



A Body in Motion Wants to Stay in Motion

- Allowing children to "wear themselves out" often backfires. Remember that it is much easier for a car going 20 miles an hour to stop than one going 70 miles and hour.
- Activities should slow down as bedtime approaches

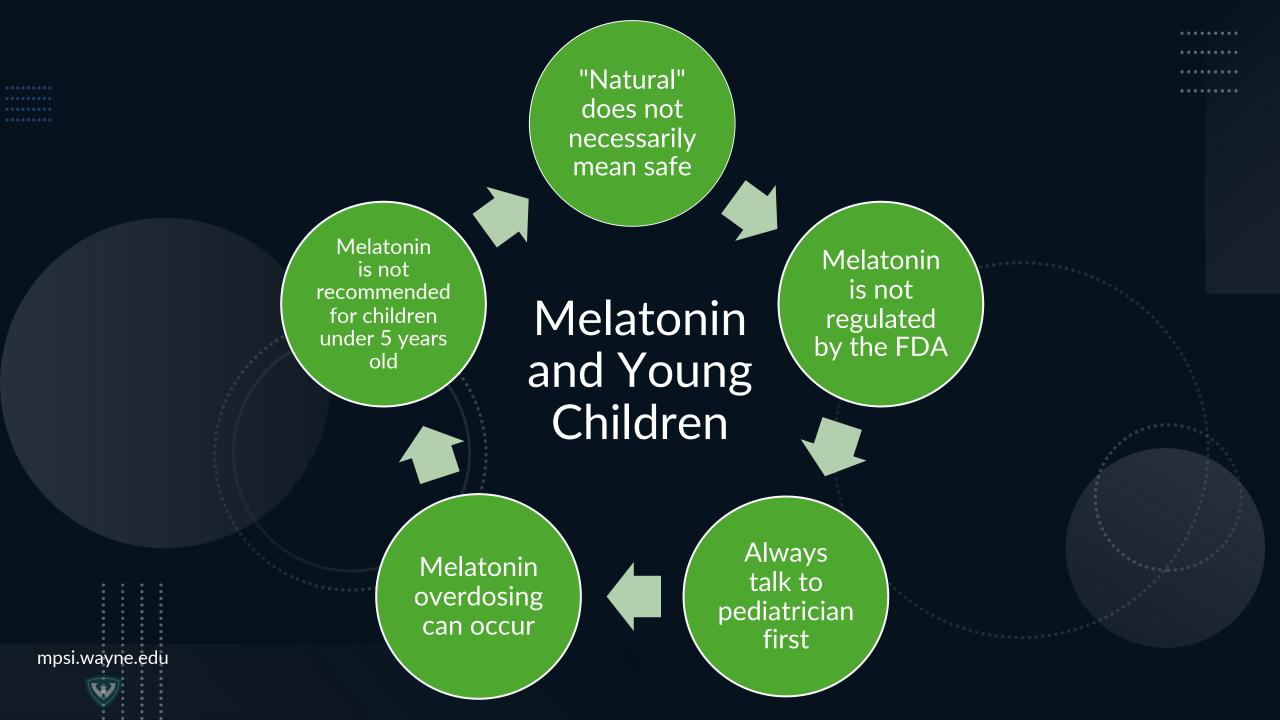


Screens: One of the Biggest Bedtime Barriers



- Television
- Phones
- Tablets
- Gaming Devices





The Bedtime Routine

- A regular, consistent time to go to bed
- Child fed and hydrated (no caffeine or sugary drinks)
- Include dental hygiene
- Potty/bathroom routine
- Bath/pajamas
- Limited choice of relaxing activity





Once You Get a Good Routine, Stick to It!

Try to keep routine in place as much as possible: • Weekends • While traveling/vacations • When others are providing care During a sleep regression • After a move or big change in household

