



A Body at Rest



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A young child with dark hair is sleeping peacefully in a bed. They are wearing a grey and white striped long-sleeved shirt. The bed has white pillows and a white blanket. The lighting is soft and natural, suggesting a bright but calm morning or afternoon.

Why Sleep is Crucial 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?

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



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

Melatonin and Young Children

"Natural"
does not
necessarily
mean safe

Melatonin
is not
regulated
by the FDA

Always
talk to
pediatrician
first

Melatonin
overdosing
can occur

Melatonin
is not
recommended
for children
under 5 years
old



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