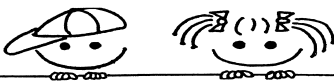




Parenting Corner: *Sleep*



IUSD Early Childhood Learning Center
Early Start * Head Start * Montessori International * School Readiness * Special Education Preschool
(949) 936-5870



How Much Sleep Does My Child Need?

Five-year-olds need eleven hours of sleep at night. If school starts at about 8:00 a.m. your "little one" is probably getting up around 7:00 a.m. Therefore, 8:00p.m. is the bedtime needed to obtain 11 hours of sleep. Children need more sleep the younger they are. A 4-year-old needs 11 ½ hours, 12 hours for a 3-year-old and 13 hours for a 2-year-old. For a 2 and 3 year old, that time includes their nap.



(California Child Care Health Program)

Helpful Hints

The darkness of the night can be scary. Empower your child by giving him a flashlight which he can keep in bed. The child will have a feeling of control in his environment and will soon learn that the noises in the night really aren't monsters.

Fast Facts

According to a survey conducted in Fall 2003, 43% of school-aged children have TV sets in their bedrooms. On average, these children get to sleep 20 minutes later than those without TVs.

(LA Times. 2004)

Struggles with Bedtime

It's 8 o'clock in the evening. You have just hugged and kissed your child and put him or her to bed. It's been a long day. You still need to do the dishes, pay the bills, walk the dog and feed the cat. But instead of spending the evening catching up on your chores and *maybe* spending a little time with your partner, you are in and out of your preschooler's room trying to get him off to sleep. *Finally* he nods off, three hours after he first went to bed.

If you are like most parents, you are all too familiar with this scenario. So, why do preschoolers resist bedtime? Many times your child can feel "out of the loop". If Daddy's in the living room reading the paper, the pets are scurrying about, and you are moving from room to room, your child wants to be part of the action. Here are some techniques you can use to help with bedtime battles:

1. Follow a nightly bedtime routine.

Follow a ritual like bath, books, and bed for example, so that your child knows what to expect every night. Be consistent.

2. Teach your child to sleep alone.

If your child can only fall asleep when you are next to him, he is forming a hard-to-break habit that will only get harder. You might want to tell him that if he stays in bed you will come back in 5 minutes to check on him. Let him know he's safe and that you won't be far away.

3. Don't let him dawdle.

Kids are great negotiators especially at bedtime, so don't be surprised when your youngster drags through his nightly routine. Try not to let him stall you and remind him that right now it is bedtime but tomorrow he can finish his drawing or look for that lost toy.

4. Offer choices.

Kids are always testing the limits. To make him or her feel empowered, let your child make choices at bedtime whenever possible. For instance, let him pick out his story or pajamas. He gets to make a choice, and you win no matter what he picks.

5. Be calm but firm.

Try to stand your ground, even if your child is crying and pleading for an exception to the bedtime rules. If you give in to his request for "five more minutes", expect to hear it again and again. Speak calmly and quietly, and insist that when it's time for bed, it's time for bed.



Story Time





Here are some excellent bedtime books for little ones:

- Goodnight Moon, by Margaret Wise Brown
- Max's Bedtime, by Rosemary Wells
- How Do Dinosaurs Say Goodnight?, Jane Yolen and Mark Teague
- Time For Bed, by Mem Fox
- Good Night, Gorilla, by Peggy Rathman
- Snoozers: Seven Short Short Bedtime Stories for Lively Little Kids, by Sandra Boynton



Typical Sleep Requirements in Childhood

Age of Child 	Hours of Nighttime Sleep	Hours of Daytime Sleep	Total Hours of Sleep 
1 week	8 $\frac{1}{2}$	9	16 $\frac{1}{2}$
1 month	8 $\frac{1}{2}$	7	15 $\frac{1}{2}$
6 months	11	3 $\frac{1}{2}$	14 $\frac{1}{2}$
1 year	11	2 $\frac{1}{2}$	13 $\frac{1}{2}$
2 years	11	2	13
3 years	11	1	12
4 years	11 $\frac{1}{2}$	-	11 $\frac{1}{2}$
5 years	11	-	11
6 years	10 $\frac{3}{4}$	-	10 $\frac{3}{4}$
7 years	10 $\frac{1}{2}$	-	10 $\frac{1}{2}$
8 years	10 $\frac{1}{4}$	-	10 $\frac{1}{4}$
9 years	10	-	10
10 years	9 $\frac{3}{4}$	-	9 $\frac{3}{4}$

(Children's Hospital Of Orange County)

Helpful Resources

For more information your child's sleep please visit these useful web-sites:

<http://kidshealth.org/parent/general/sleep/sleep.html>
<http://mywebmd.com/content/article/65/79516.htm>
<http://www.sleepnet.com/children.html>

Also check out these sites for more info on nightmares and TV in the bedroom:

www.athealth.com/consumer/articles/siegel.html
www.aap.org/family/mediapact



For more information on the IUSD School Readiness Program visit:
www.iusd.k12.ca.us/curriculum/ece/EarlyChildEd.htm

Time Together: Rub-a-Dub-Dub

Take advantage of your child's imagination and desire to splish and splash. If your child is having a hard time settling down for their bedtime bath, let them pretend to be the "Mommy" or "Daddy" trying to get their baby to go to bed. Help your preschooler pick out their favorite doll or washable toy. Provide sponges and soap. Have your child give their baby a bath, while you help them get cleaned-up as well. After their bath, tell your child that their baby is very tired and needs to get ready for bed. Ask your preschooler, "What happens next at bed time?" Go through the whole routine with your child as the parent. Let your child pick out a book for their baby, sing them a song and tuck them into bed. Praise your child for being such a responsible parent. Tell them that you love them, and that it is now time for them to get into bed. Your child will have fun feeling like the grown-up and you will have successfully put your "little one" to sleep. Everybody wins!

