

Mindful Moments

Brought to you by the Itinerant Counselling Team

Sleep is so important to your child's overall well-being! Nowadays we are hearing more and more about kids who are not getting enough sleep for various reasons. Kids in elementary/middle school need 9-12 hours of uninterrupted sleep every night. That means if your child has to be awake by 7 am, they need to be asleep by no later than 9 pm. Some kids need more sleep than others. By October kids are tired.

Impacts from Lack of Sleep

Lack of sleep impacts us in many ways. KidsHealth.org lists ways which lack of sleep effects our kids, including:

- Falling asleep during the day
- Hyperactivity (especially younger children)
- Trouble paying attention
- Struggling with school work
- Crankiness, whiny, irritable, or moody
- Behaviour problems



- Growth delay
- Poor school performance
- Frequent infections
- Difficulties focusing, making decisions, and solving problems
- An increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke
- Abnormal onset of puberty
- Behaviour problems
- Obesity
- Night terrors

Source: *DrLaurasKitchen.com*

Good Sleep Hygiene

Establish a regular routine

- Same bedtime and wake time every night
- Try not to sleep in more than a half hour on the weekends (unless sick or sleep-deprived)

Screens off at least one hour before bedtime

- Try something quiet like a puzzle, reading, Lego, listening to a story, talking about the day, bathe/shower, stretch

Remove all electronics from the bedroom

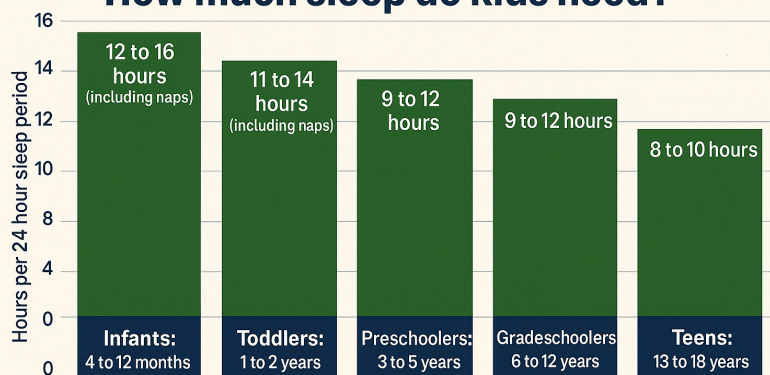
Limit bright lights/nightlights at bedtime

Get exercise and outside time (sunlight daylight) every day for at least an hour - Set limits on screentime

Limit caffeine during the day - no caffeine past 3pm

Keep bedroom cool, dark, and quiet

How much sleep do kids need?



If these are ideas you would like to try, add them in gradually.

If you are shifting bedtimes, do so by shifting 15 minutes each day instead of all at once.

Further Reading: Kids Health Resource (kidshealth.org/en/kids/not-tired.html)