

Resources

BOOKS FOR KIDS

Tell Me Something Happy Before I Go to Sleep* by Debi Gliori

Sea Otter Cove: A Relaxation Story by Lori Lite

The Goodnight Caterpillar: A Children's Relaxation Story by Lori Lite

Be the Boss of Your Sleep by Timothy Culbert M.D.

No Such Thing* by Jackie French Koller

Sleep, Big Bear, Sleep* by Maureen Wright

Dr. Seuss's Sleep Book* by Dr. Seuss

BOOKS FOR PARENTS

Good Night, Sweet Dreams, I Love You by Patrick Friman

Simplicity Parenting by Kim John Payne and Lisa Ross

Solve your Child's Sleep Problems* by Richard Ferber

Healthy Sleep Habits, Happy Child* by Marc Weissbluth

Starbright: Meditations for Children* by Maureen Garth

The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help your Child Sleep Well and Wake up Happy* by Kim West & Joanne Kenen

**Books available at Lincoln City Libraries*

OTHER RESOURCES

Your child's doctor.

School Social Worker, counselor, psychologist or nurse.

Counselors in the community. See both the yellow and blue pages of the Lincoln Telephone book.



1-888-866-8660

For the hearing and speech impaired with
TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

Need help? Don't know where to start?
Dial 2-1-1 or go to www.ne211.org.

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*



It's Bedtime!



Bedtime.

It's a word dreaded by many children. Inside are ideas to help bedtime be a pleasant time for families.

 **Lincoln Public Schools**
Department of Student Services

Rev. 7/2015

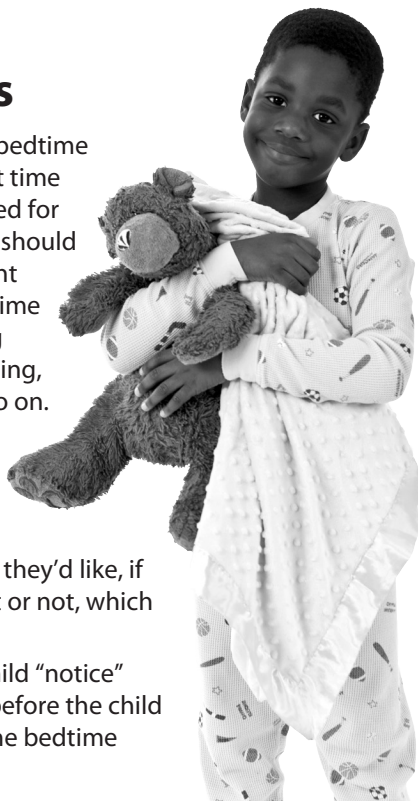
Bedtime

“Bedtime” is a word dreaded by many children. It means leaving behind the day’s activities while parents, and perhaps older brothers, sisters or other family members get to stay up. Bedtime can be a difficult transition time for children and parents. Both are often tired, sometimes parents more so than children and patience can wear thin.

Each child is unique in how easily they move from one activity to another, in their ability to calm themselves to prepare for bed and in how much sleep they need. It is important to remember that “bedtime” can also mean the opportunity for special, quiet time between parents and children. The following are ideas to help bedtime be a pleasant time for families.

Helpful Hints

- Have an agreed upon bedtime routine, including a set time your child is to be in bed for the night. This routine should be the same every night with times set for bedtime tasks, such as brushing teeth, washing or bathing, a bedtime story, and so on.
- Allow your child some say in setting their bedtime routine. For example, children can choose what story they’d like, if they want a night light or not, which pajamas to wear, etc.
- It helps to give your child “notice” about 10-15 minutes before the child is expected to begin the bedtime



routine to allow her time to finish what she is doing. Sometimes setting a timer can be helpful.

- Provide your child with a quiet, clean, regular and comfortable place to sleep.
- Quiet activities before bedtime are helpful (such as stories, reading, discussion of the day).
- Remove TVs and computers from bedrooms. Turn them and all digital screens off at least 30 minutes before beginning bedtime routines. Screentime too close to bedtime can interfere with sleep.
- Too much screentime throughout the day can be problematic also. Be sure your child’s day includes adequate physical activity to promote healthy sleep and overall wellness.
- Try to include your child’s special needs into the bedtime routine to avoid later requests (drinks, potty, kiss/hugs, and so on.)
- Avoid giving attention (positive or negative) after your child has been put to bed.
- Some children need a limited time in bed before being expected to go to sleep when reading, music or quiet play is okay.
- A favorite toy, such as a stuffed animal, doll or blanket, can be helpful.
- Some children may feel better if they have a night light.
- Do not send your child to bed early as a punishment. This can make children feel badly about bedtime.

It is not possible to “make your child go to sleep.” When bedtime needs to be adjusted because children are too tired or not tired enough, or because daily routine changes (such as returning to school in the fall) it helps to adjust bedtime and/or wake up times gradually in 15 minute intervals.

Share in your child’s bedtime routine. Your nurturing can help your child feel secure and be more able to fall asleep. Tucking your child in is a nice way to end the day. Remember to say “I love you” to your child.

Nighttime Fears

It is common for children to have times when they are afraid of the dark or have bad dreams. Listen to your child’s feelings. Don’t minimize his fears, or belittle him for what seems irrational or immature to you. Children’s fears are very real to them. Support your child in thinking of possible solutions for handling their fears.

Some children can experience severe and ongoing sleep disturbances. If your child frequently has long periods of wakefulness or almost nightly nightmares this could be a sign of an emotional problem and may warrant a consultation with your child’s pediatrician and/or professional counselor.

Bedwetting

Some children have a nighttime bedwetting problem. It is important NOT to punish a child for this, or make your child feel ashamed or embarrassed by this behavior. A child who is bedwetting is rarely choosing this behavior. Bedwetting may have a physical cause. Sometimes it is hereditary. Physical immaturity may be the cause and the child may outgrow the problem without any treatment.

The sudden onset of a bedwetting problem can be a sign of a physical or emotional problem. It is important to check with your child’s doctor. Your school social worker, counselor, psychologist or school nurse can also help you with this issue.