

Improving Sleep



- Starts with recognizing importance of sleep
 - Understand your child's sleep needs
 - Routine
 - Physical Activity
 - Light
 - Dinnertime/Snack
 - Calm down activities
 - Bedroom environment
 - Sleep habits
 - Parent role
 - Bedtime stress/anxiety
 - Medical Factors
 - Protect our children's sleep
 - Avoid sleep pressures
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