Who Can Help?

- First, consult your pediatrician/family practice doctor for advice and to make sure that medical problems aren't contributing to your child's sleep problems (such as: colic, allergies, ear infection, breathing problems, or other health-related problems).
- ✓ If needed, consult a sleep expert. A sleep expert will most likely recommend a short-term behavioral intervention. Behavior therapy has been shown to be effective, even with severe and long standing sleep problems.

Resources

To find a sleep expert and for more information:

- √ http://www.sleepfoundation.org/
- √ http://www.sleepcenters.org/
- √ http://www.sleepeducation.com/
- Durand, V.M. (1998). Sleep better!: A guide to improving sleep for children with special needs. Baltimore, MD: Paul H. Brookes.





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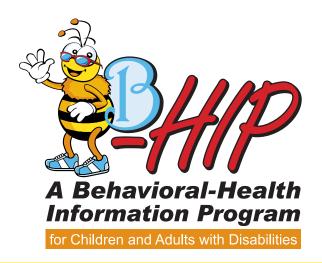
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Sleep Matters:

How to Help Your Kids Sleep



Infant Well-Being

What do We Mean by Sleep Problems?

About 43% of all kids and as many as 86% of kids with developmental delays experience some type of difficulty with sleep.

Problems include:

- ✓ Difficulty settling down and falling asleep at bedtime
- ✓ Frequently waking up during the night
- ✓ Irregular sleep patterns
- ✓ Sleeping only in short stretches at a time
- ✓ Daytime sleepiness



Why Should We Help Kids Sleep Better?

- ✓ Kids with sleep problems have trouble:
 - Thinking
 - Remembering
 - Paying attention
 - Being creative
 - Succeeding at school
- Sleep problems can make kids moody and short-tempered
- ✓ Good sleep is important for health, growth, and development
- ✓ When kids sleep poorly, the whole family suffers! Moms of poor sleepers are more likely to be:
 - Stressed
 - Depressed
 - Have marriage problems
 - And may be more likely to abuse their kids!



How can we help kids sleep better?

- Keep a consistent bedtime routine beginning at the same time every day
- ✓ Include a series of quiet activities (e.g., bathing, brushing teeth, changing into PJs, reading a book) and end in the child's bed
- ✓ Keep your child's bedroom cool, dark (nightlight only), and quiet
- ✓ Let your child fall asleep alone
- NOTE: Avoid TV and videos before bed, they make it harder for kids to settle down to fall asleep and increase the likelihood of waking up in night.

