



# 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.

