

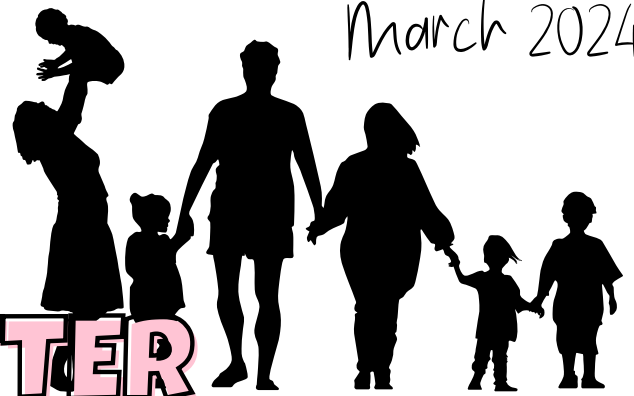
Child Care Connections

March 2024



FAMILY TIME

NEWSLETTER



It's all about Family



Here at *Child Care Connections*, we value the Families in our Community and always strive to provide you with the best support services and resources to help you on your parenting journey. This monthly newsletter will include parenting resources and information on important community services, as well as fun at home activities for the whole family!

Have a suggestion or request for an upcoming newsletter?

Contact us at: amurray@fowinc.org



Catching Some Zzzz's

Spring is (allegedly) on the way- and with that comes the dreaded TIME CHANGE! We are already seeing our daylight time lengthening, which is great in some aspects. When it comes to children and sleep- this may not be such a good thing. It's not hard to throw off a child's sleep cycle, thereby throwing off the adult sleep cycle and before you know it, chaos ensues. In this issue of Family time, let's talk about how we can create and maintain healthy sleep habits for our children and for ourselves.

ENCOURAGING HEALTHY

SLEEP HABITS

Adapted from NAEYC Parent
Resources on "Sleep"
by: Hattie Harvey, PhD, NCSP

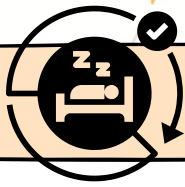


Why Sleep Habits are Important

Sleep is critical to children's everyday functioning. A good night's sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits.

Early Sleep Habits

Establishing healthy sleep habits early on helps to prevent children's long-term sleep problems and other associated risk factors. Researchers have linked poor sleep habits to a greater risk for obesity, impaired memory and attention, and poor academic performance in school-age children (Aronen, Paavonen, Fjallberg, Soininen, & Torronen, 2000; Buckhalt, El-Sheikh, & Keller, 2007; El-Sheikh, Buckhalt, Cummings, & Keller, 2007; Meltzer, & Mindell, 2009). Further, insufficient sleep also has been associated with higher rates of aggression and can negatively affect interpersonal relationships with family and peers (El-Sheikh et al., 2007)



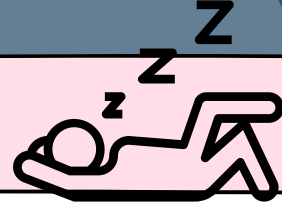
Sleep Duration

Consider the total amount of sleep during both night and day: is your child getting enough sleep? The following table outlines basic recommended sleep durations by age.

AGE GROUP	YEARS	RECOMMENDED TOTAL SLEEP
INFANTS	3 TO 12 MONTHS	14 TO 15 HOURS
TODDLERS	1 TO 3 YEARS	12 TO 14 HOURS
PRESCHOOLERS	3 TO 5 YEARS	11 TO 13 HOURS
SCHOOL-AGE	6 TO 12 YEARS	10 TO 11 HOURS



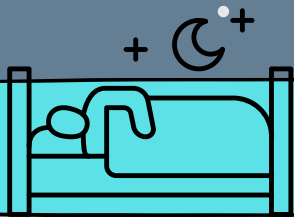
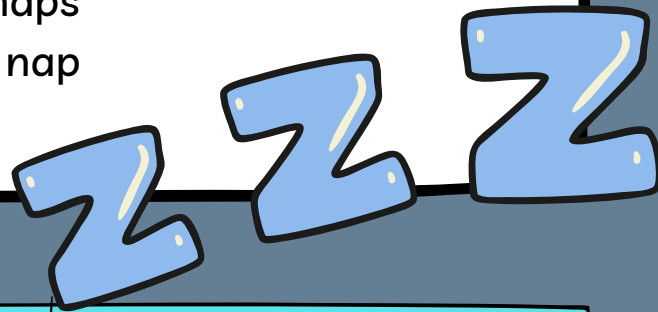
The Power of Naps



Is your child taking naps or do you sometimes skip nap time? Naps lead to optimal daytime functioning. If you miss one, try to keep your child up until the next sleep period (or close to it) to maintain the child's sleep pattern.

Consider the following:

- By 4 months most children take three to four naps per day
- By 8 months most children take two naps
- By 21 months most children take one nap
- By age 6 most children no longer nap



Sleep Quality

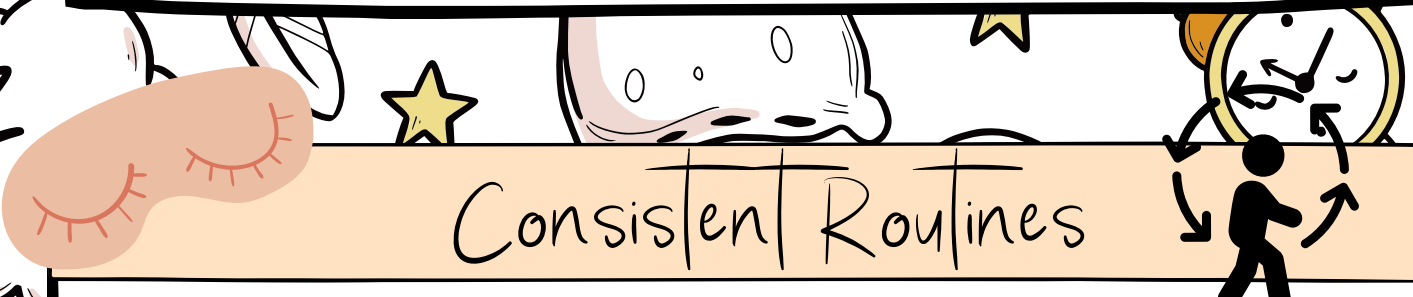
When sleep is continuous, your child can naturally learn to fall back asleep following a brief awakening. Too many awakenings fragment sleep, disrupting brain growth and the natural sleep cycle. After 4 months of age, naps of less than one hour do not provide enough time for the brain to benefit from the nap.





Recognizing Drowsiness

Nap and bedtime should begin during your child's drowsy stage, not when she is overtired. Identify your child's signs of drowsiness; they may include decreased activity, slower motions, , drooping eyelids, yawning, and eyes that are less focused. Drowsy children also may be less vocal, quieter, or calmer. Your child may have more difficulty falling asleep if she is overtired; signs of overtiredness may include fussiness, eye rubbing, irritability, or crankiness.



Consistent Routines

Your routines may be adjusted based on age or your family's preference. Avoid stimulating activities such as watching television or playing video games prior to bed, instead choose calming activities like reading or storytelling. Whatever you choose, keep the sequence consistent! Doing so helps to maintain your child's internal clock on a 24-hour cycle. Note that infants younger than 4 months have immature internal clocks, so this does not apply to them.

Sleep
Well 

Communicate

Communicate with those who are involved in your child's life, such as another parent, child care providers, a nanny, or relatives. Share your strategies and your child's signs of drowsiness, so that they can also support establishing healthy sleep habits for your child.



at Home



Check out the following links for more sleep resources!

<https://www.sleepfoundation.org/children-and-sleep>

<https://www.babysleep.com/>



In the Community

The Rainbow Fish at UPAC

Wednesday, March 13

10:00 am

UPAC 601 Broadway,
Kingston, NY

March O' the Faeries

Saturday, March 16th

12pm-3pm

Old Dutch Church
272 Wall Street, Kingston

Clover Classic 5K

Saturday, March 16

11:00am - 3:00pm

Hudson Valley Rail Trail,
Tony Williams Town Park
113 S Riverside Rd, Highland

Spring Break Earth Art Camp

Tuesday, March 26 - Thursday, March 28

Wild Earth

2307 Lucas Turnpike, High Falls

Sleep Tips for Kids

Babies



Try soothing your baby without picking them up. Leave the room quietly when they are settled.

Toddlers



Try giving your toddler control over little parts of the bedtime routine, like picking out pajamas.

Adolescents



Designate a space outside of the bedroom for homework, play, or electronic device usage.

Teens



Setting a good example of healthy sleep routines can encourage a teen to follow suit.

No pillows, blankets or toys

 [healthychildren.org](https://www.healthychildren.org)
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



THE BITS STUDY

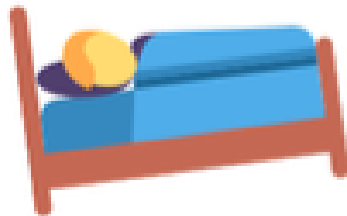
THE **Right** INTERVENTION FOR TEEN SLEEP STUDY
mobile

We are interested in improving access to and the quality of a sleep health program for adolescents



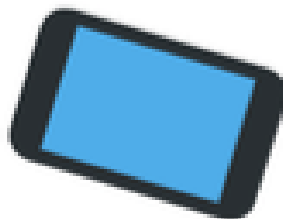
Study participation involves

- Receiving online treatment for sleep free of charge on your cell phone
- Completing study assessments periodically



To qualify you need to

- Do you wish you slept better?
- Is it hard for you to wake up in the morning?
- Are you between the ages of 12 and 18?



Potential benefits include

- Improve your sleep
- Improve your physical, academic, social, and emotional well being
- Help future patients receive better treatment



Compensation for time spent in research activities will be provided.

For more information please contact the study at
760-429-3275

Or email us at Raul.Barete@UCSF.edu

Principal Investigator: Lauren Asarnow, PhD

For participant's rights questions, contact 1-866-680-2906

Are you feeling sleepy, tired, or low energy?

If you are receiving treatment for depression, you may be eligible to participate in a UCSF research study and gain access to a personalized sleep and mood intervention

- Ages 12-18
- 100% Virtual

If you are interested, fill out the self-screen checklist at [<https://redcap.ucsf.edu/surveys/?s=W7HKCPERF4LYKPMC>] or email betersleepstudy@ucsf.edu for more information.



**ARE YOU FEELING
SLEEPY, TIRED,
OR LOW ENERGY?**

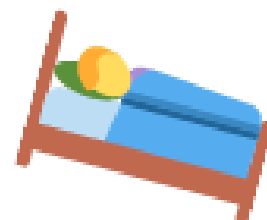


If so, you may be interested in
THE REDUCING RISK STUDY

The Reducing Risk Study is a UCSF research study that will give you access to an innovative sleep and mood intervention that you can use on your cell phone.



If you are interested in participating in this study, fill out the self-screen checklist at <https://is.gd/reducingriskstudy> or email reducingrisk@ucsf.edu for more information.



THE *Sweet Dreams* SLEEP

INTERVENTION FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

- Is your child diagnosed with Autism Spectrum Disorder?
- Do you wish your child slept better?
- Is your child between the ages of 12 and 60 months?

**PARTICIPATE
IN OUR
RESEARCH
STUDY AT
UCSF!**



Contact us to learn more!

(415) 502-4561



BEDTIME STORY

ideas

