Benefits of Sleep:

1. Body restores itself during sleep.
2. Increases brain’s ability to focus, learn, and think clearly.
3. Helps boost immune system which helps fight sickness.
4. Active period of bodily growth and repair.

Family Goal

Goal: Develop a family bedtime routine! Use this nighttime checklist:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Take a warm bath</td>
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<td>Brush teeth</td>
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<td>Place a cup of water by the bed</td>
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<td>Share the best part of the day</td>
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<td>Read a story together</td>
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<td>Turn on the night-light</td>
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<td>Sing a lullaby</td>
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<tr>
<td>Give a hug or kiss goodnight</td>
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<tr>
<td>Give a backrub</td>
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</tbody>
</table>

Fact of the Week 1–3 year olds need 12–14 hours of sleep in a 24-hour period. 3–5 year olds need 11–13 hours of sleep each night.

Health Tip

Help children sleep better by maintaining a consistent bedtime routine.

Surprising Fact

Increasing daily physical activities helps all family members sleep better.

Strategy

Turn off the TV and read a book together in bed.
At-Home Tools

Sleep Books
- Goodnight Moon by Margaret Wise Brown
- Time to Sleep by Denise Fleming
- Good Night, Gorilla by Peggy Rathmann

New Sleep Words to Use
1. Tired
2. Sleep
3. Nap
4. Rest
5. Bed

Did you know…
Getting too little sleep may lead to chemical changes in the brain that cause individuals to feel hungrier and eat more.

Quiet Bedtime Activities
- Read favorite books together
- Give a backrub
- Stretch gently
- Keep bedroom comfortable, quiet, and dark

Bedtime Snack Recipes
- Cup of warm fat-free or low-fat milk or
  - Banana slices or
  - 2 slices of toast or
  - Cup of applesauce with cinnamon sprinkled on top