Encouraging Healthy Sleep Habits

media power youth™

Did you know that 35% of children and teens don't get enough sleep?

There are many things parents can do to encourage healthy sleep habits in their kids!

Encourage other activites

Does your child have trouble falling asleep? Encourage them to read, listen to music, or get gentle movement before bed. Set boundaries around what time you want them off of their devices.

Help your child come up with a sleep routine

If your child has to wake up at a certain time for school, have them develop a routine that gets them into bed 9-12 hours prior to their wake up time.

Set up the environment

To the best of your ability, make sure that the sleeping area is cool, quiet, and dark. Avoid keeping digital devices in bedrooms and give them a stylish analog or sunrise alarm clock

Avoid caffeine

Remind your child that to check if the drink they are consuming has caffeine - there can be some sneaky sources! If your child does consume caffeine, make sure that they don't consume any after 3:00pm

To learn more, visit https://tinyurl.com/MPYSleep