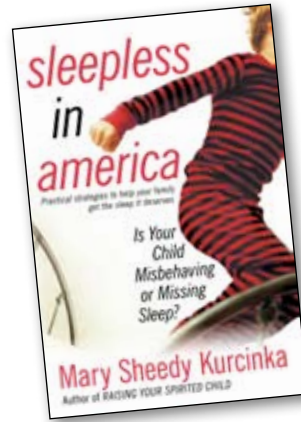


## Model Schedule

Children thrive when they are getting the sleep they need every day. The more consistent their schedule, the easier it is for them to slip into sleep. When their schedule varies more than 30 to 60 minutes, it creates jet lag and makes it harder for them to fall asleep and stay asleep. Try to maintain the same schedule 7 days a week.

## Sample Schedule

If a child needs to wake up at:	6:30 am	7:00 am	7:30 am	8:00 am
Breakfast	7:00 am	7:30 am	8:00 am	8:30 am
Morning snack	9:30 am	10:00 am	10:00 am	10:30 am
Lunch	Noon	Noon	Noon	Noon
Snack	2:30 pm	2:30 pm	2:30 pm	2:30 pm
After, school activities				
Dinner	5:30 pm	5:30–6:00 pm	5:30–6:00 pm	5:30–6:00 pm
After, dinner activities				
Start bedtime routine for kindergarten and grade 1	6:15 pm	6:45 pm	7:15 pm	7:45 pm
Asleep kindergarten and grade 1	7:00 pm	7:30 pm	8:00 pm	8:30 pm
Start bedtime routine for grades 2-5	7:15 pm	7:45 pm	8:15 pm	9:00 pm
Asleep grades 2-5	8:00 pm	8:30 pm	9:00 pm	9:30 pm

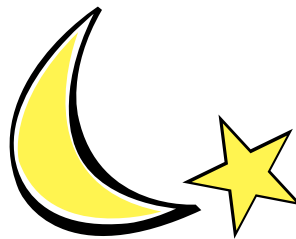


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Parents of a successful student have a secret...

they protect their child's sleep.



[www.parentchildhelp.com](http://www.parentchildhelp.com)

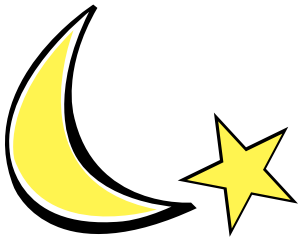
## Why Sleep Is Important

Research demonstrates that children who get more sleep:

- Have higher grade averages.
- Perform better on reasoning and mathematical skills.
- Have higher reading scores.
- Experience fewer accidents.
- Get along with others better.
- Focus.
- Get sick less frequently.
- Are less likely to be overweight.

## How Much Sleep Do Children Need?

- Children 5 to 6 years of age need an average of 11 to 12 hours of sleep in a twenty-four hour period.
- Children 7 to 11 years of age need an average of 10 to 11 hours of sleep in a twenty-four hour period.
- Adults need an average of 8.25 hours of sleep in a twenty-four hour period.



## You Know A Child Is NOT Getting Enough Sleep If He/She:

- Does not wake up on his own in the morning.
- Loses it over “little things”.
- Experiences stomach or head aches.
- Is crabby, anxious, or uncooperative in the morning.
- Craves carbohydrates.
- Can’t get along with others.
- Has trouble staying on task.
- Talks excessively.
- Is hyper – especially at bedtime.

## You Know A Child IS Getting Enough Sleep If He/She:

- Is cooperative in the morning.
- Listens well.
- Stays focused on tasks.
- Can easily solve problems with you.
- Gets along well with others.
- Eats well at meals.
- Is able to cope with changes in routine or surprises.
- Is healthy.
- Falls asleep easily at night.

## Power Rest

Power rest time is a daily part of most kindergarten classes. It is during sleep that children put into long term memory the things that they’ve learned. Power rest has also been shown to enhance attention, focus, impulse control and the ability to manage emotions. Power rest is so important that in Japan, even high school students and employees at Toyota headquarters are invited to nap during the lunch period.

On weekends consider a power nap right after lunch for 20-30 minutes. Every member of your family can benefit.

**Children who don’t wake up on their own in the morning need an earlier bedtime.**

### Tips For Bedtime:

- Have a regular routine each night (brushing teeth, books, songs and stories, visiting, back rub)
- Bedtime should be about the same time 7 days a week. (No more than an hour different on the weekends)
- If a child’s bath excites him, avoid bathing at bedtime.
- No TV or computer in the bedroom
- Limit “screen time” (TV, video games, computer) to 30-60 minutes a day –No screen time in the evening before bed.
- Take time to connect at bedtime. A calm child falls asleep more easily and stays asleep.