

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
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MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
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SANFORD
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Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

SLEEP MATTERS

Establishing Bedtime Routines



SANFORD
& Parenting
YOUR PARTNER THROUGHOUT PARENTHOOD

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Bedtime a Train Wreck?

It's 7:30 at night, everyone has already eaten dinner and the evening is coming to an end. Do you dread the bedtime witching hour? Struggling with getting the kids to bed?

WHY IS SLEEP IMPORTANT?

Children need sleep for healthy development. Benefits of sleep include:

- Improved attention, better listening.
- Better behavior, less tantrums.
- Better memory, improved learning.
- More ability to control emotions; fewer emotional outbursts.
- More positive moods.
- Having energy to move.



GETTING TOO LITTLE SLEEP

One of the most important things children need to learn and grow is getting the sleep they need for their age. Not getting enough sleep can be harmful to child's learning and social success. Children that don't get enough sleep have a risk for:

- Increased injuries.
- Being overweight.
- Depression.
- Struggling with social skills.

RECOMMENDATIONS FOR CHILDREN'S SLEEP

The American Academy of Pediatrics recommends the following amounts of sleep for children based on their age:

AGE	DAILY AMOUNT OF SLEEP
0-4 months	14-17 hours
4-12 months	12-16 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-12 years	9-12 hours
13-18 years	8-10 hours

WHAT ABOUT NAPS?

Every child is unique in how much naptime he or she needs in a day. The need to nap decreases as children grow older. Here are some recommendations for children's naptimes by age:

- Newborn – 4 months
 - 2-3 naps a day.
 - Naps last 1/2 to 2 hours each.
- 4 months – 18 months
 - Usually nap twice a day.
 - Naptime totals about 3 to 4 hours.
- 18 months – 5 years
 - Usually naps once a day.
 - Naps can last up to 3 hours.
 - By 5 years old, kids usually give up the nap.

Source: American Academy of Pediatrics

Overtired children struggle to get to sleep

ESTABLISHING BEDTIME ROUTINES

Bedtime routines make it easier to get children to bed at night. Have a routine and not giving into the "Just one more story please" helps children know what to expect when bedtime rolls around.

Here are some tips for developing a bedtime routine:

- Do the same things in the same order every night; kids get a sense of control when they know what comes next.
- TV and sleep don't mix. TV stimulates the brain which can prolong children's ability to fall asleep. Don't let children watch TV at least 30 minutes before bedtime.
- Make a family rule, no screens in the bedroom.
- Give your child a bath to calm the body and mind.
- Turn off the lights and use soft lamp lighting for bedtimes stories, this will signal your child's brain that bedtime is coming soon.
- Read calm books, such as *Good Night Moon* by Margret Wise Brown.
- Give your child a gentle back massage for 15 minutes.
- Keep the same schedule on the weekend to avoid children testing out if the routine still stands on weekdays.



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