

# #10: We Recharge



## HEALTHY CONVERSATION STARTERS

What types of things do you think help you get a good night's sleep?

What types of things can interfere with a good night's sleep?

How can I help you get more sleep or sleep better?

### Think Together

- **Getting enough sleep** every night is the healthiest way for your family to recharge.
- Children need **10-12 hours of sleep each night**.
- An **electronic media curfew 30 minutes prior to bedtime** will help your child fall asleep more easily and sleep better.
- Talk with your family about the importance of a good night's sleep. **Create a nightly bedtime routine for your family.**
- A bedtime routine is a great opportunity to **focus on other aspects of your child's health** as well (e.g., brushing their teeth and enjoying stories together).

### Eat Together

- Be sure to enjoy **healthy snacks** in the evening. Choose snacks without added sugar (such as fruits and vegetables). Parents and caregivers can model healthy snacking choices before bedtime.
- **Water is the best drink for bedtime and throughout the night.** When we sleep, we can become dehydrated, so it is often better to start each morning with water to drink as well.
- **Choose water over sugary drinks** as often as you can and avoid sugary drinks before bedtime.
- Caffeinated beverages should be limited for children throughout the day and especially at bedtime. **Caffeine can lead to difficulty sleeping in children and adults.**

### Move Together

- **Children who are active during the day sleep better at night.** Remember: Children need to be active for at least 60 minutes every day!
- **Try including "bedtime moves" in your bedtime routine** (i.e., calming stretches and deep breathing) that can help children transition their bodies to a resting state.

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Take **Healthy Steps**  
for **Healthy Lives** Together

## Bedtime Routines Really Work

Children with regular bedtime routines and consistent bedtimes are more likely to be healthy sleepers!

### How to create a family bedtime routine:

- Using a large piece of paper or poster board, record the steps agreed on by your family.
- Decorate the poster by drawing pictures and designs to illustrate the steps.
- Determine what time to begin your bedtime routine each night.
  - List the amount of time each step will take.
  - Start with a set bedtime and count backwards by the number of minutes each step of your routine will take.
  - Record the time you should begin your bedtime routine and the actual bedtime on the poster.

## Read Together

- *Hey Sheep!!! Let Me Sleep* by Sigal Adler (fiction)
- *Why Juan Can't Sleep: A Mystery* by Karl Beckstrand (fiction)
- *Teach Me About Bedtime* by Joy Berry (non-fiction)



**TRIVIA ANSWER:** Pediatric dental experts recommend that parents and caregivers assist children with brushing teeth through age 8. Elementary-aged children can brush their own teeth but through third grade, parents and caregivers should still be involved.

