

## Family Activities



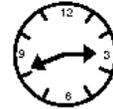
### School Readiness Skill: Gets plenty of rest

Sleep is an essential part of your child's health and growth. Children who get enough sleep are more likely to function better and less likely to experience behavioral problems. Helping your child develop a bedtime routine can lead to a better night's sleep and a happier, more productive day.

#### How Much Sleep?

While each child is different, the following chart shows the recommended hours of sleep (including naps) for children.

Age	Hours of Sleep
0-2 months	10.5-18
2-12 months	14-15
1-3 years	12-14
3-5 years	11-13
5-12 years	10-11



#### Consistency is Key

It is important to maintain a regular and consistent sleep schedule. The sooner you establish a bedtime routine, the better. You can start a routine as young as 6 or 8 weeks old. A bedtime is good for parents, too. You can look forward to that time every day where you can talk, read, cuddle and smile with each other.



#### Sleep Environment



Children need an environment that is conducive to sleeping. Parents should make an effort to make the space in which the child sleeps the same every night and throughout the night. Ideally, the room should be comfortable, cool, quiet and dark. Distractions should be kept to a minimal including technological distractions such as televisions, computers, and other electronic devices.

#### Set Limits

Set limits that are consistent, communicated and enforced. Encourage the use of a security object such as a blanket or stuffed animal if your child has difficulty sleeping without such items.



## Routine and Rest

There is no right or wrong way for you and your children when it comes to setting up a bedtime routine. In general, your routine should include all the things your child needs to do before going to sleep, including brushing teeth, washing up, putting on pajamas, and family time. Your child may want to be read to, talk about the day, or be told a story. Whatever you choose to do, keep the routine short (30 minutes or less, not including a bath) and be firm about ending it when it's time to sleep. Included with this family print activity you will find a Bedtime Chart that you may use to help you and your child keep track of their bedtime routine. Print copies of the chart and hang in your child's sleep area to keep everyone on target for a good night's sleep.



## Lullaby Magic

They say that music calms the savage beast and it can work wonders for children that have difficulty falling asleep. Try some of the lullabies provided with this family print activity or create some of your own.



## Bedtime Books

Check out the list below for some wonderful stories that are sure to help your child get plenty of rest. Many are available at your local library.



*Dr. Seuss's Sleep Book* by Dr. Seuss  
*It's Time to Sleep My Love* by Eric Metaxas  
*Get Into Bed!* by Virginia Miller  
*Bedtime for Frances* by Russell Hoban  
*Get Rest* by Sarah Tieck

Note: Activities in this family print activity courtesy of Kentucky Governor's Office of Early Childhood-Monthly Message (August 2014)

# Bedtime Lullaby List

## Hush Little Baby

Hush, little baby, don't say a word.  
Papa's gonna buy you a mockingbird

And if that mockingbird won't sing,  
Papa's gonna buy you a diamond ring

And if that diamond ring turns brass,  
Papa's gonna buy you a looking glass

And if that looking glass gets broke,  
Papa's gonna buy you a billy goat

And if that billy goat won't pull,  
Papa's gonna buy you a cart and bull

And if that cart and bull turn over,  
Papa's gonna buy you a dog named Rover

And if that dog named Rover won't bark  
Papa's gonna buy you a horse and cart

And if that horse and cart fall down,  
You'll still be the sweetest little baby in town.



## Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star  
How I wonder what you are!  
Up above the world so high  
Like a diamond in the sky  
Twinkle, twinkle, little star  
How I wonder what you are



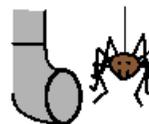
## Are You Sleeping

Are you sleeping, are you sleeping?  
Brother John, Brother John?  
Morning bells are ringing, morning bells are ringing  
Ding ding dong, ding ding dong.



## Itsy Bitsy Spider

The itsy-bitsy spider  
Climbed up the water spout  
Down came the rain  
And washed the spider out  
Out came the sun  
And dried up all the rain  
And the itsy-bitsy spider  
Climbed up the spout again



## Rock A Bye Baby

Rock-a-bye baby, in the treetop  
When the wind blows, the cradle will rock  
When the bough breaks, the cradle will fall  
And down will come baby, cradle and all

