



PERSPECTIVES IN PARENTING

Winter 2014

THE IMPORTANCE OF SLEEP

Bedtime can be difficult, but getting enough sleep is important to your child's development.

Children that do not get enough sleep:

- * Take longer to fall asleep and wake up more frequently
- * Have more difficult behaviors, problems with memory, attention, and emotional well-being
- * May experience lasting effects on their development

Children that are well-rested:

- * Are better able to handle their emotions
- * Are better able to learn



How much sleep is enough?

Newborns- Birth to 2 months need *10.5– 18 hours*

Infants- Three to 11 months need *9–12 hours*,

Toddlers- 1-3 years need *12-14 hours*,

Children- 3-5 years need *11-13 hours*, 5-12 years need *10-11 hours*

Adolescents need *8.5– 9.25 hours*

Adults need *7-9 hours*

- * *Times above include both nighttime sleeping and naps*

Suggestions for Bedtime Routines:

- * Consistency with time for bed and bedtime routines
- * Put children to bed before they are overtired
- * Bath or other soothing activity
- * Cuddling or singing with your child
- * Reading books
- * Limiting electronics before bed
- * Limiting caffeine intake before bed
- * Creating a calm, quiet place for sleep

Signs a child hasn't had enough sleep:

- * Experiences frequent melt downs
- * Acts "frenzied" or "wild"
- * Seems more clumsy/ trouble walking
- * Has problems staying focused
- * Performs poorly on mastered tasks
- * Picks on siblings/peers

Department of
Community and Human Services
Preschool Prevention Team



1900 N. Beauregard Street, Suite 200
Alexandria, VA 22311
703.746.6009
www.alexandriava.gov/DCHS



WINTER FUN

Activities to do with children:

- * Go to your local library—many libraries have story time for young children
- * Visit a museum—Smithsonian museums and the National Zoo in DC are free of charge
- * Attend a parade

George Washington
Birthday Parade and
Activities
February 17, 1-3
Old Town Alexandria

Alexandria Learn and Play Groups

Beatley Library

5005 Duke Street,
Alexandria, VA, 22304

WEDNESDAY— 10:15-11:15
11-12:00

Cora Kelly Recreation Center

25 W. Reed Ave
Alexandria, VA, 22305

FRIDAY 10-11:15
11:15-12:30

Durant Center

1605 Cameron St
Alexandria, VA, 22314

MONDAY— 10-11:30
TUESDAY 10-11:30

Ramsay Recreational Center

5650 Sanger Aver
Alexandria, VA, 22311

MONDAY— 10-11:30
FRIDAY— 10-11:15

The Center for Alexandria's Children

1900 N. Beauregard, Suite 200
Alexandria, VA, 22311

TUESDAY— 10-11:30
THURSDAY— 10-11:30

- * Playgroups require registration. Please contact Laura Ruth at 703.746.6091 or via email at lruth@centerforalexandriaschildren.org