



NEWS FOR YOU







**STAR kids should aim to sleep
10-11 hours a night.**

Why is sleep so important ?

The amount and quality of children's sleep affects their moods, behavior, and ability to learn. Not getting enough sleep has also been linked to a higher risk of obesity.

Take Action!

-  Stick to regular sleep and wake times for your child — even on the weekend. Make sleep a priority!
-  Make the room where your child sleeps a calm, dark, cozy space without noise or TV.
-  Have a quiet bedtime routine and keep all screen media off during this time.
-  Avoid having TV or computers in the room where your child sleeps. Use a nightlight or music if your child needs light or sound to get to sleep.

STAR Tips for Good Sleep



- Avoid letting your child have caffeine (coffee, tea, soda).
- Do at least an hour of physical activity every day .
- Turn off the TV and computer 2 hours before bedtime.
- Have your child's bed be only for sleeping; Not for watching TV, talking on the phone, or using other screen media like laptops or iPads.
- Avoid large meals before bed.
- Make your child's room quiet, dark, cool, and comfortable.
- Keep all screen media (TV's, computers, handheld devices, etc.) out of the room where your child sleeps.

⇒ *What if there's already a TV or computer in my child's room?*

- Removing screen media from your child's room is not a punishment. It's a decision you can make to keep your child healthy. If you don't remove it now, it will be much harder to monitor what your child watches and does when he or she is older.
 - If your child needs sound to fall asleep, play music or try reading to your child to help him or her wind down at the end of the day.
- ★ Consider doing something nice for your child like getting some new books or going on an active outing to mark the change.

The Importance of Sleep

Kids who sleep more tend to have...

Fewer
behavioral
problems

A healthy
immune
system

Decreased
chance of
obesity

And do better
in school

Signs of Not Enough Sleep

- Excessive daytime sleepiness
- Disturbed sleep
- Sleep walking
- Sleep talking
- Trouble waking up
- Bedwetting
- Snoring
- Hard time paying attention

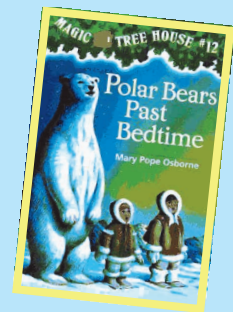
From: www.nssleep.com

Bedtime Relaxation Tips

- Take a bath. Use lavender soap or bubbles for a calming smell.
- Play quiet, soft music while getting ready for bed.
- Read a book to your child or have them read a book to you.
- Make your child's bed a cozy place they like to be.

Bedtime and Sleep Books for Kids

★ ***Polar Bears Past Bedtime*** (ages 5 and up)
by Mary Pope Osborne

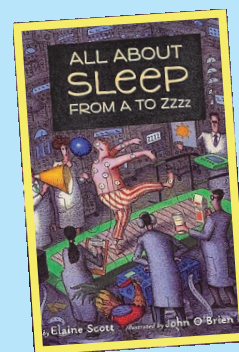


★ ***Goodnight, Little Critter*** (ages 6 and up)
by Mercer Mayer

★ ***What to do when you dread your bed*** (ages 6 and up)
by Dawn Huebner and Bonnie Matthews

★ ***Bowser the Hound*** (ages 8 and up)
by Thornton W. Burgess

★ ***All about Sleep from A to Zzzz*** (ages 9 and up)
by Elaine Scott



★ ***Zzz...The most interesting book you'll ever read about sleep*** (ages 9 and up)
by Trudee Romanek


Quick and Easy No-Sew Pillow

Materials

- Two squares of 26 inch X 26 inch fleece fabric
- Scissors
- 1 bag of pillow stuffing



Directions

1. Put the 2 pieces of fleece together with the nicer sides facing out.
2. Cut a 5 inch square out of each corner. 
3. Make 5 one-inch long cuts all the way around both pieces of fleece, 1 inch apart
4. Tie each top and bottom fringe together on three sides of the pillow (leaving the 4th side open to stuff with pillow stuffing).
1. Stuff the pillow with pillow stuffing until it feels full enough.
2. Tie the strips of the last side together.
3. Enjoy sleeping on your new pillow!



From: <http://kidscatsclutterandklutz.blogspot.com>

**Moving? Please let us know your new address and phone number.
Call toll-free 1-866-874-0857, or email STAR@hphc.org**



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Return Service Requested



Sleep Word Scramble

Unscramble each of the clue words.

Then copy the letters in the numbered green boxes to discover the hidden phrase!



BDEIMET	<div></div>	<div>3</div>	<div></div>	<div>17</div>	<div></div>	<div></div>	<div></div>				
SEPLE	<div>13</div>	<div></div>	<div>4</div>	<div></div>	<div></div>						
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