SUPER SLEEP: THE ULTIMATE POWER-UP

Establish a regular bedtime routine and create a sleep-friendly environment to unleash your child's greatest superpowers!



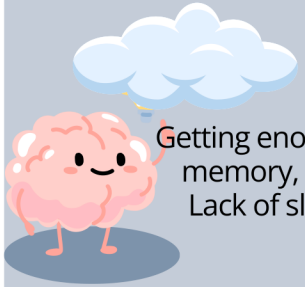
IMPULSE CONTROL

Poor sleep increases hyperactive, restless, and impulsive behavior. Good sleep can help reduce chaos and promote calmness.



ENERGY RENEWAL

Getting good sleep is crucial for your child's body, repairing tissues, balancing hormones, and preparing them to tackle the day ahead.



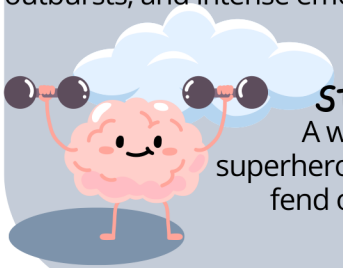
SHARPER MIND

Getting enough sleep enhances focus, memory, and problem-solving skills. Lack of sleep can lead to frustration for children and parents.



EMOTIONAL BALANCE

Establishing healthy sleep routines for children reduces stress hormones, anxiety, aggression, mood swings, outbursts, and intense emotions.



STRONGER IMMUNITY

A well-rested body is like a superhero with a shield, ready to fend off illness and infection with ease!

HOW MUCH SLEEP DOES YOUR CHILD NEED?

Recommended Sleep Averages

BABIES

Total: 12 - 16 hours
Day: 2.5 - 3.5 hours
Night: 10 - 12.5 hours





TODDLERS

Total: 11 - 14 hours
Day: 2.25 - 2.5 hours
Night: 11.25 - 11.5 hours



CHILDREN

Total: 10 - 13 hours
Day: 0 - 2 hours
Night: 10 - 11 hours



TEENS

Total: 8 - 10 hours
Day: 0 - 2 hours
Night: 8 - 10 hours

Post Trauma Resources, LLC
1709 Laurel Street. Columbia SC
www.posttrauma.com
803-765-0700

Post Trauma Resources, LLC
Solutions for life's toughest problems since 1982
www.posttrauma.com

SLEEP

The Ultimate SuperHero For Your Child's Emotional & Behavioral Wellbeing



A HEROIC BEDTIME ROUTINE

Preschool through Second Grade



6:45
Bath

7:00
Brush teeth





7:10
Bedtime stories

7:20
Listen to a lullaby





7:30
Lights out

TIPS

- Planning ahead and adhering to a schedule can help prevent distractions at bedtime.
- Adjusting your child's bedtime by just 30 minutes can impact their well-being positively or negatively.
- If all else fails, ask your child's pediatrician if a natural sleep aid would be appropriate for your child.



THE SLEEP VILLAINS EVERY PARENT SHOULD KNOW

Meet the top 5 enemies of sleep and learn how to defeat them!



THE BLUE LIGHT BANDIT

Powers: Uses video games and tablets just before bed to send wake-up signals to kids' brains.
Weakness: The "Off" button and a good book.
Tip: Power down all screens at least an hour before bed to escape the Blue Light Bandit's spell!



THE SNEAKY SNACKER

Powers: Gives a late-night energy burst and keeps kids bouncing off the walls.
Weakness: Water, milk, and caffeine-free drinks and low-sugar snacks.
Tip: Avoid sodas, iced teas, chocolate, and sugary sweets late in the day to avoid Sneaky Snacker energy bursts at bedtime!

THE NOISY NINJA

Powers: Creates sudden loud noises and disturbances just when kids are about to drift off to sleep.
Weakness: White noise machines and quiet bedtime routines.
Tip: Use soft, calm music or a white noise machine to block out the Noisy Ninja's tricks!





THE SCHEDULE SHUFFLER

Powers: Disrupts sleep by keeping bedtimes late or inconsistent.
Weakness: A regular, consistent sleep schedule.
Tip: Stick to a consistent bedtime routine **every night**, even on weekends, to ensure enough sleep and defeat the Bedtime Bandit.

THE SNORE OGRE

Powers: Disrupts sleep with loud snoring or blocked airways, keeping your child from settling into a deep sleep.
Weakness: A trip to the pediatrician.
Tip: Loud snoring or breathing difficulties at night could indicate enlarged tonsils or adenoids. Consult your pediatrician to ensure the Snore Ogre isn't stealing your child's rest!

