

*Time to Sleep.....*



# Good Night, Sleep Tight

The Ultimate Sleep Chart for Children

THE  
VICTORIA  
CHART COMPANY™  
CHILDREN'S REWARD CHARTS

Nighty night...

This chart belongs to:  
*Charlie*



I've put on my  
bedtime clothes



I've had a small  
bedtime drink



I've brushed my  
teeth and used  
the bathroom



I've read  
a book



I'm getting  
into bed now



Good morning...



I did not  
call out



I fell asleep  
by myself



I stayed in my  
bed all night



I stayed in bed until  
it was time to get up



## FOODS THAT HELP YOU SLEEP AT NIGHT



### Chamomile

There's nothing like a cup of chamomile tea to put you to sleep at night.



### Cottage Cheese

Cottage cheese may seem like an odd thing to snack on before bed, but it's actually quite a great sleep-time food.



### Oats

Oats aren't just a food to enjoy at breakfast, but it's also a good night-time food.



### Almonds

Almonds are rich in magnesium, which is a mineral that will promote healthy sleep.



### Sweet Potatoes

Sweet potatoes are great at relaxing the muscles and excellent for promoting sleep.



### Bananas

Bananas are loaded with potassium and contain serotonin to help you sleep.



### Grapes

Grapes are the only fruit known to contain melatonin – the chemical that helps you get to sleep at night.



Health**AMBITION**

## Your Child's Sleep

The AASM recommends that your child get the following amounts of sleep at each stage of growth.

Photos courtesy of Shutterstock.com



14-15 hours

Infants



12-14 hours

Toddlers



11-13 hours

Preschoolers



10-11 hours

School-age children



9-10 hours

Teenagers



“Don’t shut the door!”

“It’s so dark in here!”

“Please don’t leave!”

**“I just can’t sleep.”**

Do you hear any of these phrases at night when you’re putting your child to bed?

When your child won’t go to sleep, it can be both exhausting and frustrating because it affects everyone in the family. When one kid is awake, sometimes that means **EVERYONE** is awake.

In those moments of frustration, you might catch yourself thinking — Why are they so scared of *nothing*? Why won’t they *just go to sleep*?! It’s OK, we’ve all been there.

**Here’s the thing: your child *wants* to sleep.** They really do!



It might seem like your kids have inexhaustible energy, but I promise they don't really have super-powers. **Your child *needs* sleep. But sometimes they just *can't*.**

Interestingly, sleep issues and fear of the dark might not actually be about sleep or the dark itself – rather, **problems sleeping can be symptoms of anxiety and stress.**

## 6 Ways to Ease Sleep Anxiety in Children

Just like in adults, sleep anxiety in children can be caused by feelings of powerless or lack of control in certain situations. However, they might not want or know how to tell you that they're feeling worried or anxious.

Instead, they'll say things like, "I can't sleep" or even "**my stomach hurts.**"

The game-changer with our own daughter was finding things that make her feel *empowered*.

While they might not specifically fix an outside situation that is causing her anxiety (which might also be out of *my* control as well), the following tricks help **give her a feeling of control over herself and her environment.**

This, in turn, greatly alleviates the stress that is keeping her awake at night.

### 1. Make Your Child's Bedroom a Safe Place

Of course your house is probably the safest place your child can be, and you know that. But I'm not referring to safety in such a physical/literal sense.

Instead, consider whether your child's room is a haven for them from the outside world (even from the rest of the house).

Is it a place where they can have quiet time if they become over-stimulated? Is it a place where they have some degree of control over their surroundings?

The first thing we did is to make sure that my daughter's room is a safe place in *her* mind.

It is not a place for punishment, but rather it is a place where she can recharge, have **time to herself**, and set her own boundaries for being around other people. It is decorated in her favorite colors and she displays her most special possessions as she sees fit.

This way, my daughter views “going to her room,” even for bedtime, to be a positive thing.

## 2. Create a Calm Environment

Reducing the chaos in your child’s room can help reduce their overall stress. My daughter likes things to be very orderly and in their “place.” When her room is messy, I have noticed that she is uneasy, so every evening **we tidy up** and put things where they belong. This ability to control her environment is so important in creating a sense of empowerment that will counteract anxiety.

Another contributor to “chaos” is the presence of electronics. There are no televisions, computers, etc. in our children’s rooms because these are all distractions to sleep.

## 3. Stick to a Consistent Bedtime Routine

Children thrive on routines because while so many things in life are unexpected, routines are predictable and safe. A significant bedtime routine (ours takes about 30-45 minutes) also signals your child that you are in the wind-down stage and gives them adequate time to do so.

We do our bedtime tasks in the same order every single night: bath, pajamas, brush teeth, bedtime story. The girls love knowing and calling out the next step. We finish with a bedtime story which is of course the favorite part.

Our girls actually *love* getting ready for bed because we have made the routine fun and it is something in which they are active participants.

## 4. Take Time to Listen to Your Child

When your child is anxious, it could be an ongoing issue that you’re aware of; however, it could also be caused by a specific incident. Maybe there was an encounter with a **bully at school** earlier that day. If you want to know what is worrying your child, don’t assume – ask.

Knowing that you care and that they have been heard will comfort to your child. It also allows you to reassure them and discuss possible solutions to problems that might be affecting more than just their sleep (and problems you may not have been aware of yet).

After you've finished your bedtime routine, sit down with your child and invite them to talk to you about whatever is on their mind, good or bad.



*For your convenience, we've included shop-able links to the products/services we love; disclosure policy [here](#).*

## 5. Look for Sleep Aids to Help Your Child Sleep Better

When I say "sleep aid," I don't mean medicine or anything like that, but rather tools that can help your kid fall asleep or feel more comfortable.

Comfort items are something your child can look to for extra reassurance, again giving them something *they can do* to soothe fears and negative emotions.

**These are a few of the sleep aids that have been very helpful for both my daughters:**

- Night light (my daughter loves this [projectable night light](#) because she can see her favorite characters)
- Special stuffed animal or blanket to snuggle as they fall asleep
- Guided meditation recordings or soft music
- [Lavender essential oil](#) (We purchase all of our essential oils through DoTERRA; [click here to read more about why I chose DoTERRA plus 12 of my favorite everyday uses for essential oils](#))
- [Aromatherapy essential oil diffuser](#) (Our girls love this cute little diffuser with changing color LED nightlight; it's also a humidifier which can help with breathing and allergies)

- Books about anxiety — [this reading list](#) from kids book expert Lauren at Happily Ever Elephants is full of great options to help kids deal with anxiety and get past their worries.
- [Weighted blanket](#) — Our youngest daughter especially loves the feel of a weighted blanket. It helps her fall asleep faster and stay asleep longer!

## 6. Empower Your Child So They Can Self-Soothe

Self-soothing is usually mentioned when you're talking about [baby sleep regressions](#) or even toddlers, but it helps older kids sleep better too.

**Fear and anxiety are rooted in feelings of powerlessness**, so one of the best things you can do is to empower your child. Give your child a way to feel like they are in control of their emotions.

For your family, this might mean saying a prayer asking for a restful night's sleep and relief from worry. Or you might prefer to guide your child in saying positive affirmations, along the lines of:

***"I did my best today. I give myself permission to relax. I feel peaceful. I will now slip into restful sleep."***

Encouraging your child to take deep breaths as they fall asleep can also help the process. These are all tools that your child can use throughout the rest of their life to self-soothe.

## When Dealing with Child Sleep Anxiety Remember This

Your child *wants* to sleep. I said it earlier in the post, but I want to repeat it because it is so important! Kids need sleep, they want sleep. Sometimes they just need extra help to make it happen.

The above tips might not all work for every kid, as every child and every situation is different. However, I hope that these will provide a starting point and help your family like they did ours.



# Bedtime Routine

	Brush your teeth	Use the potty	Wash your hands / Take a bath	Read a Book	Lights out	Stay in bed until morning
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

www.RewardCharts4Kids.com

# 6 Tips to Help Your Child

## GET A GOOD NIGHT'S SLEEP!



1



Set a regular bedtime and wakeup schedule for your child, and stick to it.

2



Make your child's bedroom a quiet, dark, cool environment for sleeping.

3



Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.

4



Avoid giving your child sugary snacks or drinks at least six hours before bedtime.

5



Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.

6



Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

The following tips were taken from Anthony Jackson, MD, a board certified pediatric neurologist and pediatric sleep specialist.








**Baystate**  
**Children's Hospital.**








## My Grounding Techniques

### Senses 5,4,3,2,1

-  5 things you can see
-  4 things you can hear
-  3 things you can touch
-  2 things you can smell
-  1 thing you can taste

### What can you see

-  5 colours you can see
-  4 shapes you can see
-  3 soft things you can see
-  2 people you can see
-  1 thing you can see

## Be A Tree



"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

## Give yourself a Power Hug



Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control" or "I am safe in this moment". Tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

## Find something in the room that begins with each letter (until you feel calmer)



**Make sure your bedroom is cool, dark, and quiet.**  
Ask your parents to help.

**Exercise during the day.**  
Running and playing at least 3 hours before bed help your body get ready for sleep.

**Try to go to bed the same time every night.**  
Your body gets used to a schedule and will be ready to sleep.



**Avoid big meals before bedtime.**  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

**Don't drink sodas with caffeine...**  
especially in the afternoon and at night.

**Have a bedtime routine.**  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music. Your body will know it is time to get ready to sleep.



# Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

## 1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

## 2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



## 3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

## 4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

## 5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

## 6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



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# Bedtime BASICS

Kids need plenty of sleep to rest their growing bodies and minds. But for many kids, bedtime is no fun, and for many parents, getting kids to go to bed – and stay there – can be frustrating.

## Quick Tips!

- Keep a consistent bedtime and soothing routine for getting to bed.
- Turn off the TV, video games, and computer at least 30 minutes before bedtime.
- Praise your child for staying in bed.

## Heading Off Bedtime Troubles

Make sure your child has everything he or she needs to get a good night's sleep, including:

- a regular bedtime
- a reminder to start winding down, about 30 minutes ahead of bedtime
- a trip to the bathroom to use the toilet, wash up, and brush teeth
- a consistent bedtime routine that includes soothing activities, such as storytime
- a place to sleep with comfortable temperature, ventilation, and a nightlight
- a bedroom without a TV or video games
- a reminder to stay quiet and in bed, and a final goodnight from you
- praise the next morning for staying in bed



## When your child won't stay in bed

- Return your child to bed right away.
- Find out what your child is afraid of – nightlights and monster checks can make kids feel safer.
- If your child cries or protests, wait a few minutes, then go back to check on him or her.
- If your child continues to cry or call for you, wait a little longer each time before you go to check.
- Remind your child that it's time to go to sleep, and if your child stays quiet, you'll come back to check on him or her in a few minutes.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.



# WHAT KIDS WITH ANXIETY NEED TO KNOW.



You're brave.  
You're resourceful.  
You're a thinker.

You have everything you  
need inside you to cope  
with things brilliantly.. Don't  
let your mind tell you that  
you can't do hard things,  
because you can.  
You absolutely can.

[WWW.HEYSIGMUND.COM](http://WWW.HEYSIGMUND.COM)

This is really lovely. Important  
to remember. (Via:  
@inspire\_teachers)



12

Kid-Friendly Strategies

to Calm Anxiety  
at Night



from a child therapist

[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

September 9, 2016

Calming Coping Skills, Coping Skills,  
Anxiety in Children

Janine Halloran

# 12 KID FRIENDLY STRATEGIES TO CALM ANXIETY AT NIGHT FROM A CHILD THERAPIST

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September 9, 2016

[Calming Coping Skills](#), [Coping Skills](#), [Anxiety in Children](#)

## 12 Kid Friendly Strategies to Calm Anxiety at Night from a Child Therapist

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***Inside: 12 proven strategies to help your child's anxiety and help them settle in for a long night's sleep***

You're finally settling onto your couch, remote in hand and ready to start binge watching your latest Netflix obsession. You're just about to press play when you hear tiny feet padding down the hall.

"Mommy? I can't sleep. I'm scared!!"

How many times has this happened? Your child has struggled with their nighttime fears for what feels like forever and you've tried all the tricks you know - setting up a regular routine,, reassuring him nothing will happen, night lights, warm milk, laying down with him, etc. Nothing is working. What can you do? Here are a few ideas that have worked for my clients and my own children.

## **PINPOINT WHAT THE FEAR IS**

One of the most important things to do is to figure out exactly what is causing the anxiety. Is it fear of the dark? Is it a worry about something in the closet? Is it monsters? Is it spiders? Figuring out the cause of the fear will help you come up with ways you can help your child combat it.

## **REARRANGE THE ROOM**

Are there particular spots of the room that seem to be darker or cause more fear at night than others? Go into the bedroom during the day with your child and talk about the spots that make your child nervous. Try moving night lights and furniture around for a more calming room arrangement.

## **CALMING SCRIPTS**

There are scripts written specifically to help calm children and relax them at night. You can read them [a script like this one](#) from Inner Health Studio that is focused on helping them not be afraid of the dark. Or you could have them listen to a pre-recorded script. Here's one I love called [Sleep Tight](#) from the Book Sitting Still Like A Frog by Eline Snel.

## **TRANSITIONAL OBJECTS**

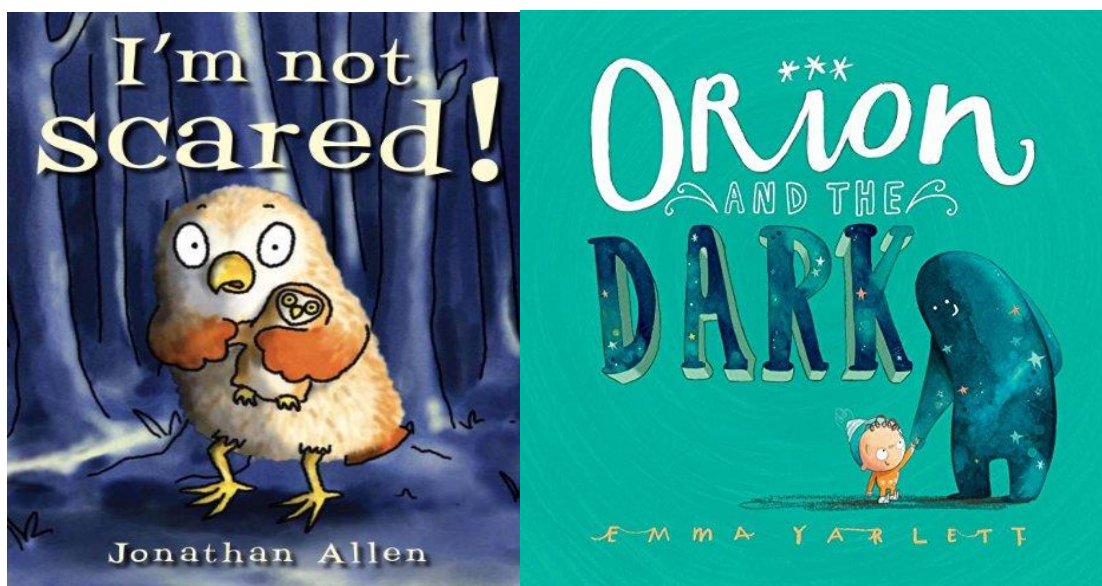
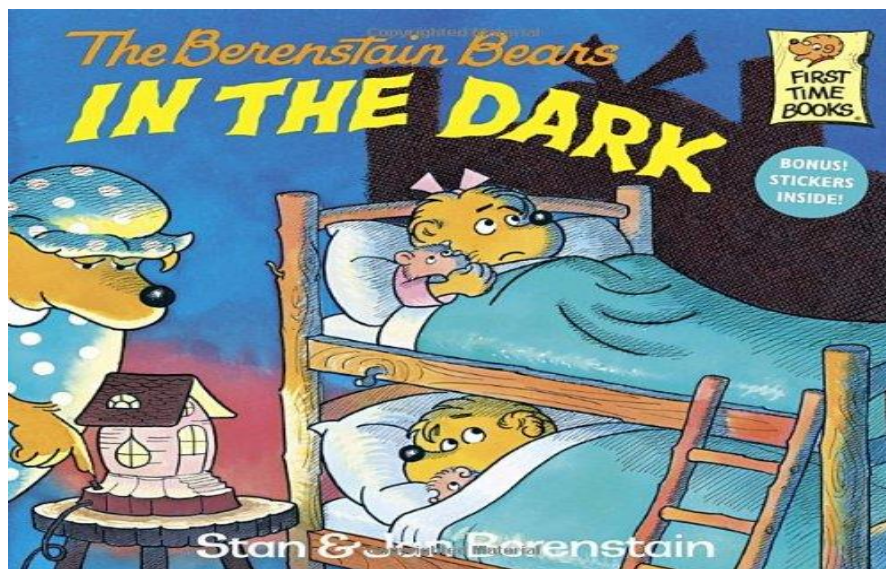
If your child has a hard time separating from you, try a transitional object. This is a special item that helps your child feel comforted. It helps them feel like part of you is still present even when you're not there. It could be something like a stuffed animal or a special stone or necklace, or a sweatshirt of yours. The object isn't what matters, it's what the object



represents. They can keep it and hold it all night long to help them relax and go to sleep.

## READ A BOOK TO HELP CALM ANXIETY AT NIGHT

There are several children's books that have characters who are afraid of the dark. Sometimes it helps kids to know they're not the only ones who get scared. Try reading one of these to help your child realize they're not the only one who gets scared at night.



## YOGA

Certain yoga poses are helpful for calming a body down and getting ready for rest at night. One of my favorites is to have your child lay down on their back with their legs perpendicular up against a wall. Have them put their arms out to their sides. Encourage them to do some deep breathing as they lay like this. If it's possible, have them do this pose in their bed, so it's easier to transition them to laying in bed for sleep.

## PROGRESSIVE MUSCLE RELAXATION

Progressive Muscle Relaxation, or PMR, is a systematic way of going through all your muscle groups to tense and relax the muscles, typically starting at the top of your body and going all the way down. Usually after tensing and relaxing muscles, your body feels more relaxed. Try doing a whole body progressive muscle relaxation designed especially for kids.

## AUDIOBOOKS

One thing my kids love to do is listen to audiobooks in bed. There are so many great kids' titles out there. The beauty of apps like of [Audible](#) is that they usually have a sleep timer. They can distract themselves from their anxiety by listening to a story while they relax in their bed.

## TRY A DIFFERENT NIGHTLIGHT

There are so many types of night lights you can try. When my kids were younger, they both loved the what they called their "Turtle" night light. It was the [Cloud b Twilight Constellation Night Light](#), and when it was lit up at night, it showed constellations on the ceiling and walls in their room.

Now my son is partial to the [Projectables LED Plug-In Night Light](#) of Spider-Man. This displays a huge image of Spider-Man wherever the light is

pointed. My son loves the idea that a superhero is in his room at night with him.

There are some other neat nightlights too, try a new one and see how your child responds.



## CALMING SOUNDS APPS

There are apps that have sounds you can have your child listen to as background noise, if they get scared of unusual noises at night. Some have nature sounds, some have soothing music. Others have sleep scripts as part of the app as well. Try out a few and see what works best for your child. Here are some free ones I like:

- [Relax melodies](#)
- [Relaxing sounds](#)
- [Nature Sounds Relax and Sleep](#)
- [Relaxing Sounds](#)

## PODCASTS

Did you know there are podcasts with bedtime stories for children? Usually the hosts have a soothing voice and the stories tend to be pretty short. You can even listen to these podcasts during the day as a way to have some down time, too.

- [Tales from the Lilypad](#)
- [Story Time](#)
- [Stories Podcast](#)
- [Storynory](#)

## CALMING JARS

Watching the glitter settle in a [calming jar](#) is a simple way to help kids settle their minds. Have them imagine their mind settling and calming as the glitter settles in the bottom of the jar. You can make it really simple with glitter paint and sequins or make it fancier with glow in the dark stars, Legos or other items.