



EDEN DAYCARE INC.

## Eden Edition

# Sleep is important

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June 2013

Summer

**People who say they sleep like a baby usually don't have one.** — Leo Burke

Sleep — or lack of it — is probably the most-discussed aspect of baby care. New parents discover its vital importance those first few weeks and months. The quality and quantity of an infant's sleep affects the well-being of everyone in the household. And sleep struggles rarely end with a growing child's move from crib to bed. It simply changes form. Instead of cries, it's please or refusals. Instead of a feeding at 3:00 AM, it's a nightmare or request for water. So how **do** you get your child to bed through the cries, screams, avoidance tactics, and pleas? How should you respond when you're awakened in the middle of the night? And how much sleep is enough for your kids?

**How Much Is Enough?** It all depends on a child's age. Charts that list the hours of sleep likely to be required by an infant or a 2-year-old may cause concern when individual differences aren't considered. These numbers are simply averages reported for large groups of kids of particular ages. There's no magical number of hours required by **all** kids in a certain age group. Two-year-old Sarah might sleep from 8:00 PM to 8:00 AM, whereas 2-year-old Johnny is just as alert the next day after sleeping from 9:00 PM to 6:00 AM. Still, sleep is very important to kids' well-being. The link between a lack of sleep and a child's behavior isn't always obvious. When adults are tired, they can be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behavior. Most kids' sleep requirements fall within a predictable range of hours based on their age, but each child is a unique individual with distinct sleep needs. Here are some approximate numbers based on age, accompanied by age-appropriate pro-sleep tactics.

**6 to 12 Months** At 6 months, an infant may nap about 3 hours during the day and sleep about 9 to 11 hours at night. At this age, you can begin to change your response to an infant who awakens and cries during the night. Parents can give babies a little more time to settle down on their own and go back to sleep. If they don't, comfort them without picking them up (talk softly, rub their backs), then leave — unless they appear to be sick. Sick babies need to be picked up and cared for. If your baby doesn't seem sick and continues to cry, you can wait a little longer, then repeat the short crib-side visit. Between 6 and 12 months, separation anxiety, a normal developmental phase, comes into play. But the rules for nighttime awakenings are the same through a baby's first birthday: Try not to pick up your baby, turn on the lights, sing, talk, play, or feed your child. All of these activities do not allow your baby to learn to fall asleep on his or her own and encourage repeat awakenings.

**Toddlers** From ages 1 to 3, most toddlers sleep about 10 to 13 hours. Separation anxiety, or just the desire to be up with mom and dad (and not miss anything), can motivate a child to stay awake. So can simple toddler-style contrariness. Parents sometimes make the mistake of thinking that keeping a child up will make him or her sleepier for bedtime.



## Sleep (cont'd.)

In fact, though, kids can have a *harder* time sleeping if they're overtired. Set regular bedtimes and naptimes. Though most toddlers take naps during the day, you don't have to force your child to nap. But it's important to schedule some quiet time, even if your child chooses not to sleep. Establishing a bedtime routine helps kids relax and get ready for sleep. For a toddler, the routine may be from 15 to 30 minutes long and include calming activities such as reading a story, bathing, and listening to soft music. Whatever the nightly ritual is, your toddler will probably insist that it be the same every night. Just don't allow rituals to become too long or too complicated. Whenever possible, allow your toddler to make bedtime choices within the routine: which pajamas to wear, which stuffed animal to take to bed, what music to play. This gives your little one a sense of control over the routine. But even the best sleepers give parents an occasional wake-up call. Teething can awaken a toddler and so can dreams. Active dreaming begins at this age, and for very young children, dreams can be pretty alarming. Nightmares are particularly frightening to a toddler, who can't distinguish imagination from reality. (So carefully select what TV programs, if any, your toddler sees before bedtime.) Comfort and hold your child at these times. Let your toddler talk about the dream if he or she wants to, and stay until your child is calm. Then encourage your child to go back to sleep as soon as possible. **Preschoolers** Preschoolers sleep about 10 to 12 hours per night. A preschool child who gets adequate rest at night may no longer need a daytime nap. Instead, a quiet time may be substituted. Most nursery schools and kindergartens have quiet periods when the kids lie on mats or just rest. As kids give up their naps, bedtimes may come earlier than during the toddler years. **School-Age Children and Preteens** School-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports and after-school activities, TVs, computers, and video games, as well as hectic family schedules might contribute to kids not getting enough sleep. Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out. **Bedtime Routines** No matter what your child's age, establish a bedtime routine that encourages good sleep habits. These tips can help kids ease into a good night's sleep: Include a winding-down period in the routine. Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand. Encourage older kids and teens to set and maintain a bedtime that allows for

**“Children's daytime behaviors are often related to their sleep habits.”**

**Education.com**

<http://kidshealth.org/parent/general/sleep/sleep.html>

## Tips for Traveling Long Distance with Children



- It involves a lot of planning and preparation with young children
- Try to travel when children would normally sleep whether it be their nap time or at night
- Stock a diaper bag with diapers, tissues, wipes, a first aid kit and some food. Gold fish crackers, cheerios, or animal crackers may be placed in a zip lock bag.
- For young children it is a good idea to bring lots of small toys. Take out only one at a time, so that they do not become bored or over-stimulated. You might even want to pick up a few new ones from the dollar store.
- Play peek-a-boo. If there are several people in the car, you can take turns doing this.
- If the baby starts to cry it helps to have a pacifier if they use one, blanket, and a favourite soft toy. You may have to check their diaper. You can always pull off the road and do this if there is not a rest area coming up.
- Try to maintain your child's routine as much as possible. This includes nap-time and feeding times.
- If you are staying overnight somewhere, ask for a room with a microwave and fridge in it.
- Take children's CD's with you. If you do not have CDs, sing to your child. They will not know if you make up the words or if you are off key. Children like it when you make silly sounds.
- Bring along a portable DVD player and some of their favourite movies.
- Older children can bring games, colouring books and crayons, and story books
- Plan on taking breaks every few hours. Some rest areas have parks next to them. Even a 10 minute break allows you a change of scenery and a chance to stretch your legs.

**Enjoy your trip**

Eden Edition

## Ideas for Books to Read Over the Summer

- Uh Oh David by David Shannon (books with stickers)
- The Very Hungry Caterpillar by Eric Carle
- Blueberries for Sal by Robert McClosky
- Where are You Bear? By Frieda Wishinsky (shows Provinces and Territories in Canada)
- The Kids Campfire Book Berenstain Bears Go to Camp by Stan and Ian Berenstain
- —includes songs, stories, and games
- Magic School Bus Insects (a series of two books)
- Be Yourself by Charles Schulz ( a “Peanuts” book)
- Kindergarten Here I Come by D.J. Steinberg

Get Ready for School (a Sesame Street book with CD, read along story and 20 songs)

If you are traveling you can get audio books as: Cat in the Hat; Green Eggs and Ham; The Ugly Duckling; The Frog and The Prince. These books can be downloaded from Amazon.com or get stories with books or CDs from the library.

There is also an app called Flashcards or Start with a book.

### Tell Stories.

*“simple tales about the day’s events, family history stories or elaborate folk tales — is important for children’s cognitive and emotional development.”*

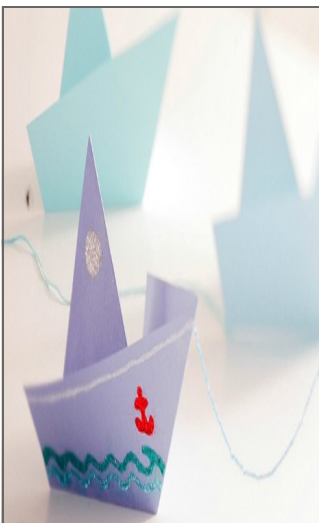
*From “Tell Me A Story” by*

*Elaine Reese*

## Crafts/Arts You Can Do With Your Children in the Summer

1. Outdoor Painting--An easel can be placed outside or a large piece of paper attached to the fence. Let them paint what they choose to. Encourage the children to observe how quickly the paint dries.
2. Chalk Drawing on the driveway or sidewalk. Supervision needed!
3. Foot Painting--The children can dip their feet in a thick tempera paint mixture (or just in a bucket with water) and make prints by stepping on a large sheet of paper. Soapy water in a bin should be available for cleanup. Close supervision needed!
4. Spraying the World with spray bottles filled with water.
5. Make sailboats out of Styrofoam, decorate with markers. Fill the wading pool with water. Let the sailboats float/race.

Have fun together.



## Make Time to Play

Here are some fun ideas:

Make your own splash pad. Running through a backyard sprinkler is something your child will always remember. Add a bucket of water and some sponges and paint brushes—let your child clean and paint items in the yard. Put old blankets/sheets out and let your child build a fort. Catch some bugs and observe them. See what the clouds look like and read “It Looks Like Spilled Milk” by Charles Shaw Have a picnic..Make a scavenger hunt for your child to find items.. Take time to just enjoy one another’s company.

**“Free unstructured play helps children build a wide range of skills necessary for success in school and out, from making friends and negotiating to problem solving, thinking creatively, and practising self control. As a parent, you are in a terrific position to ensure your child has plenty of time to get out there and play, especially during the more leisurely summer months.”** From <http://www.scholastic.com/parents/resources/article/creativity-play/make-way-play>

# Fun Places to Visit

Websites with details of prices and what they have to offer

1. ROM- <http://www.rom.on.ca/en>
2. Science Center- <http://www.ontariosciencecentre.ca/>
3. African lion safari- <http://www.lionsafari.com/playyourtrip/location>
4. CN Tower- <http://www.cntower.ca/en-CA/Home.html>
5. Centre Island- <http://www.centreisland.ca/>
6. Marineland-<http://www.marinelandcanada.com/mobile/>
7. Wonderland-<http://canadaswonderland.accessomobile.com/Menu/List/204373>
8. Wild water kingdom-<http://www.wildwaterkingdom.com/>
9. Harbour front centre-<http://m.harbourfrontcentre.com/>
10. Cherry picking-<http://www.cherryavenuefarms.org/Index.html>
11. Playdium- <http://www.playdium.com/>
12. Toronto zoo- <http://www.torontozoo.com/>



**The most important thing about family vacations is the interactions and relationships**

Free fun places to go!!!

1. Lakeshore
2. Community parks
3. Botanical garden in living arts centre
4. Beach

5. Local libraries

**“The most important thing about family vacations and family time together are the interactions and really stressing deepening of the relationship between parents, children and other family members. So the focus shouldn’t be on spending money, or going to the most expensive places, but really on time together when they can all have fun together. It’s time that parents and children spend together that provides the opportunity for the relationship to strengthen, which in turn will help the parents be more effective parents.”** From The Parent Report



# Sun Safety



Everyone needs some sun exposure. It is our primary source of Vitamin D, which helps us absorb calcium for stronger, healthier bones. But repeated unprotected sun exposure can cause skin damage, eye damage, immune system suppression, and skin cancer.

- The sun's rays are the strongest between 10:00 a.m. and 4:00 p.m. If you are going to be out during these times then apply lots of sunscreen and keep reapplying.
- Even on cloudy, cool, or overcast days the UV rays can travel through the clouds and reflect off sand, water, and even concrete. The clouds can give a false sense of protection.
- To protect children from harmful UV rays always put sunscreen when you go outside.
- Always wear a hat and if it isn't too hot have them wear a long sleeved shirt
- Bring along a wide umbrella or pop up tent to play in to protect yourself from the sun
- Apply sunscreen 15 to 30 minutes before kids go outside. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck and under the straps of clothing/bathing suits

- Reapply sunscreen every 2 hours.
- Apply waterproof sunscreen if kids will be in water. Water proof sunscreen can last up to 80 minutes but always reapply when children get out of the water
- Have your child wear sunglasses when they go outside. Make sure the sunglasses provide 100% UV protection
- If your child gets a sunburn have them take a cool (not cold) bath or gently apply cool wet compresses to the skin
- Apply pure aloe-Vera gel to any sunburned area
- You can give your child anti-inflammatory medication such as ibuprofen or acetaminophen to lessen the pain and itching. Never give children aspirin.

If the sunburn is severe or blisters develop, call your Doctor

You can have lots of fun outside this summer as long as you remember to protect yourself and your children from the sun.

Have a fun and safe summer.

Info: [kidshealth.org](http://kidshealth.org)

## Summer Harvest Ricotta Pasta toss (Great when local vegetables are abundant)

12 oz (375 g) rigatoni or penne pasta  
1 c (250 ml) frozen or fresh green peas  
1 TBSP butter  
4 green onions, slices  
3 cloves garlic, minced  
1 sweet red pepper dices  
1 c ricotta cheese  
1 ¼ c milk  
1/3 c grated parmesan cheese, divided  
Salt and pepper  
1 zucchini, shredded, divided  
¼ c chopped fresh basil  
1 tsp grated lemon zest  
1 TBSP freshly squeezed lemon juice.

In a large pot of boiling, salted water, cook pasta according to package directions almost until tender. Stir in peas and boil for 1 minute.

Meanwhile, in a medium saucepan, melt butter over medium heat. Add onions, garlic, and red pepper; sauté for 3 minutes or until tender. Stir in ricotta cheese, then milk or just until hot (do not boil). Stir in ¼ c of the parmesan cheese. Remove from the heat.

Drain pasta and return to pot. Pour sauce over top, stir in half of the zucchini, basil, lemon zest and juice and toss to coat. Season with salt and pepper to taste. Divide among warmed serving bowls and sprinkle with remaining zucchini and parmesan cheese if desire.

Tip for Kids

Why does sunlight, and thus summer, do wonders for some of us? When sunlight hits your skin it triggers the production of Vitamin D. Some scientists speculate that a small portion of the population depends on Vitamin D to stay emotionally afloat, because several studies have shown that a deficit of Vitamin D is correlated with a dip in mood. From Science Blogs

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## Summer Reminders

Fridays are picnic days.

Water Play day Junior Playground is on Tuesday.

Water Play day Senior Playground is on Wednesday.

(Don't forget extra shoes and hat and a towel)

Closed toed shoes must be worn in the playground.

