



# Tips 4 Parents



## Rest and Learning

### Is your child like the Energizer Bunny? He keeps going and going and going...?

Most young children can keep mom or dad 'hopping' throughout the day, and while they may seem unstoppable, it's important to remember that they do need quite a lot of rest and sleep.

### Why is sleep so important to a child's learning?



Sleep helps to reinforce information that has been learned during the day. It allows for that learning to become stable and fixed in the brain. With a lack of sleep, brain cells do not

fire optimally, muscles are not rested, there can be lapses in attention and the ability to focus is diminished, resulting in accidents or injury. Emotions are out of balance as well and young children can be more prone to crying and temper tantrums.

Sleep is also important to bone growth, brain development, and general health. A child who does not get enough sleep is more likely to get sick.

### How to Help Your Child Get Needed Rest

#### 1. Start winding down early in the evening.

Youngsters who've been racing around all day can't simply flick the off switch when you decide it's time for bed. The last couple of hours before bed should be calm and quiet.

#### 2. Develop a routine, if possible.

Your goal should be to create calm, safe, predictable evenings. One example of a good routine is dinner, a bath, reading stories either in bed or curled up quietly with mom or dad, then a kiss goodnight and tucking in with whatever stuffed animals/special pillow share your youngster's bed. Then lights out (with a night light if that is what you've established). Don't make it too elaborate – the routine should not take the place of sleep.

### How Much Sleep Does My Child Need?

AGE	NIGHT TIME	NAP TIME*	TOTAL SLEEP HOURS
4	10-12 hours	0-2.5 hours (one or no nap)	0-13 hours
5	10-12 hours	0-2.5 hours (one or no nap)	10-12.5 hours

From <http://www.babycenter.ca/>

\*Full day Kindergarten or childcare often means that children are unable to have a morning or afternoon nap. You may find your young child needs additional sleep time at night to cope with all the new things they are learning during the day.

# Tips **4** Parents



## Websites for Parents

Here are some websites with excellent parent resources.  
Check them out: <http://www.aboutkidshealth.ca/>

The Hospital for Sick Children's special section on Children's Sleep contains excellent advice and even has a Sleep Calculator!

<http://www.aboutkidshealth.ca/En/News/NewsAndFeatures/Pages/Growing-consequences-of-not-enough-sleep.aspx>

<http://www.caringforkids.cps.ca> Canadian pediatricians provide information and advice about health for children of all ages.



### The Learning Partnership Asks You:

What is your child's favourite bedtime book?

Email your answer to:

[jcodd@TheLearningPartnership.ca](mailto:jcodd@TheLearningPartnership.ca)

### Follow us on Twitter @TLPCanada

Share our **Tips4Parents** with your friends or have them register at [www.thelearningpartnership.ca/parents](http://www.thelearningpartnership.ca/parents) to receive their own copy.

---

## The Learning Partnership

4211 Yonge Street, Suite 301, Toronto, ON M2P 2A9  
Telephone: (416) 440-5100 1(800) 790-9113  
Fax: (416) 482-5311

Website: [www.thelearningpartnership.ca](http://www.thelearningpartnership.ca)

To subscribe to *Welcome to Kindergarten's* Show & Tell, please email us at [info@thelearningpartnership.ca](mailto:info@thelearningpartnership.ca).

## Welcome to Kindergarten Program Team

**National** – Karen Rallis, Sue Rowan, Stefania Silisteanu, Evan Sonkin, Kim Miller  
**Alberta** – Rosalie Bain, Lorraine Berg  
**British Columbia** – Barbara Claridge, Patricia Shields  
**Manitoba** – Deborah Thompson  
**New Brunswick** – Colombe Smith

**Ontario** – Karen Cobb, Danielle Filiatraut, Torre Hansson, Gayle Kirsh, Nancy Vail, Jill Watson  
**PEI** – BJ Willis  
**Community Development/National Evaluation** – Valerie Sterling  
**Parent Engagement** – Judi Codd