

### Welcome

Help Your Child Achieve Healthy Sleep at Any Age

## Components of Healthy Sleep

- Proper sleep environment
- Coordinating sleep drive with natural biological rhythms
- Eliminating sleep association and understanding how to selfsoothe
- Consistent and effective bedtime routine



- Cave-like Extremely dark
  - Black-out curtains, trash bags
- 68-72 degrees Fahrenheit
  - Dress child appropriately one more layer than you have on
- White noise machine

# Coordinating Sleep Drive with Natural Biologial Rhythms

- Wake between 6-7 a.m.
- First nap starts between 8:30 9
   a.m.
- Second nap starts between 12 1
   p.m.
- Bridge nap around 3:30 4 p.m.
- Bedtime between 6 6:30 p.m.

Syncing sleep with natural biological rhythms will make sleep happen much more naturally

# Consistent and Effective Bedtime Routines

- 20-30 minutes for night and 10-15 minutes for naps
- Dim light
- Last feed, if applicable
  - If you find your child is falling asleep diring the feeding, try pushing it to the beginning of the routine
- Book
- Song

Consistent bedtime routine is key!

### Sleep Associations and Self Soothing

- Your child should not have a job to do between sleep cycles
- Soothing is a skill that is learned and practiced
- Our job is t set our child up for success. It is their job to fall asleep.

### What's Next?

- Dropping the Bridge Nap
  - 6-9 months old
  - After a period of about two weeks of not taking a nap is is safe to assume he/she is finished with the bridge nap.
  - To make up for the bridge nap, offer bedtime 30 minutes earlier for a few days.

- Moving from 2 Naps to 1
  - 15-18 month old
  - You can try to drop the morning nap altogether and just go to one afternoon nap.
    - Begin afternoon nap close to noon
  - You can cap the morning nap at one hour for a short time before dropping it completely
  - The afternoon nap should lengthen and last 1.5 – 2 hours.

# Dropping from 1 Nap to Zero

- Many children still need to nap until they are school-aged
- Keep the nap as long as possible!
- Maintaining Success
  - Many children falsely give up naps before they are actually ready
  - Wait 2 full weeks before accepting a nap transition
  - Keep the crib as long as possible.
    - 3 years old
  - 80/20 rule

## Autism, ADHD, Anxiety & Sleep

# Respect the Importance of Bedtime

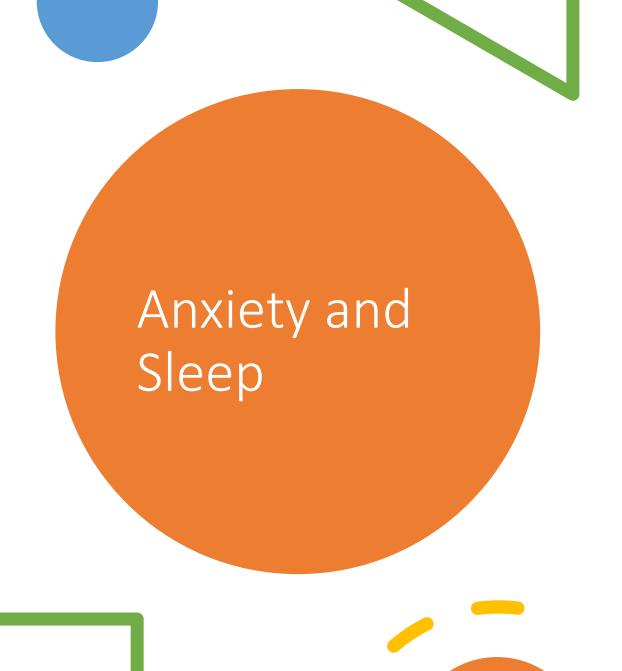
- Bedtime routine is KEY!
- Set an appropriate bedtime and be consistent with it.
- Sleep environment is important.
- Avoid screens, excitement and caffeine before bed.
- Get lots of physical activity during the day.
- Keep a daily schedule (sleep/eating).
- Regulate naps in older kids to preserve bedtime.

Tips for Autism, ADHD, Anxiety & Sleep

- Create positive associations and celebrate successes.
- Learning to sleep is a marathon, not a sprint.
- Commit to the process.

# ADHD & Sleep

• The single most helpful strategy for parents of kids with ADHD is validating your child's thoughts and feelings by showing interest and empathizing with them.



#### • Caregiver's Role

- Be a calm, "brick wall of empathy" in order to help the child feel safe enough to fall asleep.
- Follow through on what you say you are going to do.
- Work on self-regulation in order to coregulate.
- Children are capable of managing life's ups and downs; we just need to teach them coping skills.



#### Contact

www.littlesnoozers.com
info@littlesnoozers.com
bridget@littlesnoozers.com
lauren@littlesnoozers.com