



Tips for a Good Night Sleep

Zzzzzzz!

Goal: Relax with your child by writing in a journal together. Think about the day. What happened? How did it make you feel? Consider a cup of caffeine-free tea or a glass of warm milk to enjoy with your journaling.

[Tip]: Write down any worries to clear them from your head. Make a list of things that make you feel grateful. "I am grateful for warm cuddles."

Why is this important? Modeling healthy sleeping and relaxing behaviors for children promotes physical, mental and emotional health, and helps to develop healthy habits.

References:

Kemper, K., (2010). Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body.

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