

# LET'S TALK SLEEP

A child's sleep is so important to their development. We want to make sure they are getting enough restorative sleep throughout the day. Restorative sleep happens when brain activity during sleep helps restore the body and mind, essentially resetting the body for more activity. Babies sleep a lot! And they need this restful, restorative sleep to continue to grow and learn.

## FUNCTION OF SLEEP

- Sleep promotes growth
- Sleep helps fight sickness
- Sleep restores neural pathways
- Sleep promotes learning & memory
- Sleep helps regulate eating

## SLEEP IS RELATED TO

- Concentration levels
- Attention
- Mood
- Social skills
- Health & Eating habits

Sleep schedules change as a child moves through developmental stages. It's different for everyone. Remember you will always do right by your child if you are in tune with and recognize their **tiredness cues**:

## Newborn

- Yawning
- Avoiding eye contact
- Jerky movements
- Frown
- Clench fists
- Fuss & cry
- Become very still

## Infant

- Rub eyes & ears
- Become clingy
- Lose interest in toys
- Suck fingers
- Turn head away from stimulation

## Toddler

- Becomes upset quickly
- Loses patience quickly
- Fusses over food
- Fusses over everyday activities
- Becomes aggressive
- Overexcited