

Get Your Sleep Back



5 *THINGS*
Tired Parents

SHOULD STOP DOING
TO SLEEP MORE
With Their
Toddler

www.chasingdreamssleep.com

#1

Sleep Tip

set the Bedtime and stick to it

YOUR KIDS ARE OVERTIRED AND MISERABLE



I hear from so many parents about how they keep their children up later so they sleep in more and do not fight back as much going to sleep. The problem with that theory, it's 100% inaccurate.

(And they usually wake up more.)

When a child is overtired, their body is flooded with stimulant hormones, that stay with them from bedtime throughout the night, causing disruptions in their consolidated and restorative sleep that helps them wake refreshed. 😴

New Actions to Take

- Setup the age-appropriate bedtime for your child.
- Be firm in your new rules about bedtime.
- Use a timer to setup the transition and signal it's bedtime.

P.S. they need more sleep than you think!



Sleep Tip

Limit Exposure to Devices

Screens overstimulate
They can't Calm their Minds

The blue light from screens interferes with the release of melatonin, the sleepy hormone that helps us to fall asleep and stay asleep.

When it's the only option, what as parents are we supposed to do?

With the pandemic, screens have become more necessary with parents working from home and trying to juggle the family, plus classes being done virtually.

New Actions to Take

- Keep the bedroom a device-free space →
- Buy blue-light blocking glasses for your children
- Set a limit on "off-school hours for device use
- Mirror the behavior you want them to emulate
- Dedicate 10 minutes a day of child guided 1-1 time.

(kids delay bed or wake early just to watch or play)

No screens at least 1 hour before bed

Sleep Tip

#3

Teach them to use their Breath

Being Mindful increases Self Awareness and Joy



How do you disconnect but stay connected with your children and empower them to be the best version of themselves every day in school and at home?

How do you show up and remain balanced and in control in a time of chaos and uncertainty?

(breathe)

With anxiety, depression, and sleep deprivation on the rise, teaching your children the power of mindfulness, not just to manage anxiety, but to relax, improve sleep, practice gratitude, and have empathy for others is the best gift you can give them and it will last a lifetime.

New Actions to Take

- Set aside time during the bedtime routine to practice mindfulness.
- Use the time to practice the meditations with them. (it will be good for your balance and regulation too)
- Set aside breaks in the day, where you sit together and take 5 deep breaths, stand-up and give the body a shake.

can use a product like a Zenimal - our personal favorite



Sleep Tip

Create a Solid Bedtime Routine

If the boundary is flexible, they will break it



A consistent bedtime routine helps children to understand what the expectations are around sleep. The routines we setup help signal sleep is coming and what they learn is what they come to expect for bedtime and even in the middle of the night.

The routine should be limited to 30 minutes, and include calming activities like a warm bath, storytelling, reading or journaling. A cuddle or snuggle is OK, just make sure it's not to sleep, or you will be laying in there for hours.

which may be how you found me.

New Actions to Take

- Use a timer to setup transitions from calming time to sleep time.
- Empower them to make choices. ("You can select this book or that book.")
- Kids like to be in control but YOU have to set the boundaries Consequence the wrong behavior.
- Teach them to settle without you.

Ask yourself if they "want" you or "need" you and balance your response off that answer

Sleep Tip

#5

Get some fresh air

Sunlight and Exercise are necessary for the body



The weather fluctuates but the time your kids get outside shouldn't. Experts agree that 60 minutes of outdoor play is good for their mind and their body.

Sunlight also helps regulate a child's circadian rhythm and their body's natural clock. This helps to ensure they're ready for rest. Exercise releases soothing endorphins into the bloodstream and can help with the production of melatonin which makes us feel sleepy.

New Actions to Take

- Build in outdoor play time into the schedule.
- Create fun but simple games for them, like a scavenger hunt.
- Setup playdates in the neighborhood outside, when you can. Socialization during this time is important for children of all ages.
- Family Walk in the evening

Fresh air is good for you and them. Make the time and get outside.



"I am different from other sleep professionals, not just in how we structure the programs and communicate with clients, but how we care and provide for the families through ongoing support, education, research and success. Sleep evolves and we evolve with you to keep everyone rested in your home."

-Erin Lawryer



wondering what's possible?

LET'S CONNECT ON A FREE, 20-MINUTE EVALUATION CALL

No obligation at all. (I promise.)

We talk about:

- Where you are right now
- What's working, what isn't
- What you'd like to see change
- How we can help your family get back to sleeping well.

I love connecting with you in person learning more about your story.

[Schedule a Free Evaluation Call](#)

I believe in you and what's possible for your family.

Erin Lawryer