

## Dear Counselling Corner

I am sure that you have run something like this in the past, but we need some guidance on sleeping through the night. Thanks!

## Parents seeking sleep support

### Dear parents

Sure! As I have said before, good sleep is critical for good health and bedtime routines help prepare your child for sleep by having them wind down and relax. Having a predictable, repetitive set of activities in place to be carried out before bed every night can help to give your child a sense of security and can teach them how to fall asleep on their own, an invaluable skill, for everyone. I found some great websites to help your child's bedtime routine:

<https://www.verywellfamily.com/kids-and-bedtime-routines-2634260>

<https://www.webmd.com/parenting/bedtime-routine-tips#1>

<https://www.sleepfoundation.org/children-and-sleep/bedtime-routine>

I also did some research and Medical News Today lists many benefits associated with sleeping well (see: <https://www.medicalnewstoday.com/articles/325353>):

- Better productivity, focus and concentration
- Lower weight gain risk
- Greater athletic performance
- Healthier heart
- Increased social and emotional intelligence
- Lower rates of depression
- Stronger immune system

According to the Centre of Disease Control and Prevention, individuals generally require less sleep as they age (see: [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)) :

**Newborns (0–3 months):** 14–17 hours

**Infants (4–12 months):** 12–16 hours

**Toddler (1–2 years):** 11–14 hours

**Preschool (3–5 years):** 10–13 hours

**School age (6–12 years):** 9–12 hours

**Teen (13–18 years):** 8–10 hours

**Adult (18–60 years):** 7-plus hours

**Adult (61–64 years):** 7–9 hours

**Adult (65+ years):** 7–8 hours

Best of luck!

*The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca).*

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