

# Get Your Sleep Back.



## 5 THINGS *Tired Parents*

SHOULD STOP DOING

to get more sleep and  
stop fighting bedtime  
WITH THEIR  
TODDLER

- GET THE GOODNESS -

Your download has  
arrived, and I'm not  
going to lie... IT'S A  
GOOD ONE.

# things to stop

to get more sleep

# 1.

*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.

(p.s. they need more sleep than you think)

Be firm in your new rules about bedtime.

Use a timer to setup the transition and signal it's bedtime.

# things to stop

to get more sleep

## 2.

### *limit exposure to devices*

THEY ARE OVERSTIMULATED AND CAN'T CALM THEIR MINDS

In 2022 children ages 2-5 spent an average of 2.5 hours on a screen every day. This is up nearly 2x the amount since 2020.

(Ummmm....yikes )

When it has been the only option, what as parents are we supposed to do? How do we support our kids learning, fulfill our work responsibilities will still balancing the overall health and well being of our family?

#### NEW ACTIONS TO TAKE:

Keep the bedroom a device-free space.

(kids delay bed or wake early just to watch, text and engage with friends)

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.

# things to stop

to get more sleep

# 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 a product like a [Zenimal](#) - our personal favorite)

Use the time to practice the meditations with them.

*(it will be good for your balance and regulation too mom.)*

Set aside breaks in the day, where you sit together and take 5 deep breaths, stand-up and give the body a shake.

# things to stop

to get more sleep

## 4.

### 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 why you found me.)

#### NEW ACTIONS TO TAKE:

Give a 2 min warning before transitioning 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.)

# things to stop

to get more sleep

# 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.

(a family walk after dinner is our new thing)

Create fun but simple games for them, like a scavenger hunt.

(on rainy days, we have timed races around the first floor - mom is the reigning champ)

Setup playdates in the neighborhood outside, when you can.

Socialization during this time is important for children of all ages.

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

(Do your best based on your circumstances)

# rise & rest

For busy parents and happy families



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

Stephanie Hewitt



*wondering* what's possible?

LET'S CONNECT ON A FREE, 20-MINUTE BEFORE + AFTER 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

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

[Click here to book a call](#)

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

Stephanie