

HRL PARENT WORKSHOP: HEALTHY SLEEPING HABITS

Workshop Developer:

Children's Health Fund

Workshop Description:

This workshop will teach about the importance of sleep.

Key Points (knowledge to be gained):

1. Sleeping to learn
2. Knowing barriers to getting enough sleep
3. Sleep tool kit

Short Term Objectives (actions to be completed during the workshop):

1. Parents will learn why sleep is important
2. Parents will learn how much sleep their child should get each night
3. Parents will learn different tips to helping their child get to sleep each night

Long Term Objectives (longer-term actions that we're aiming toward):

1. Parents will be able to help their children get enough sleep each night

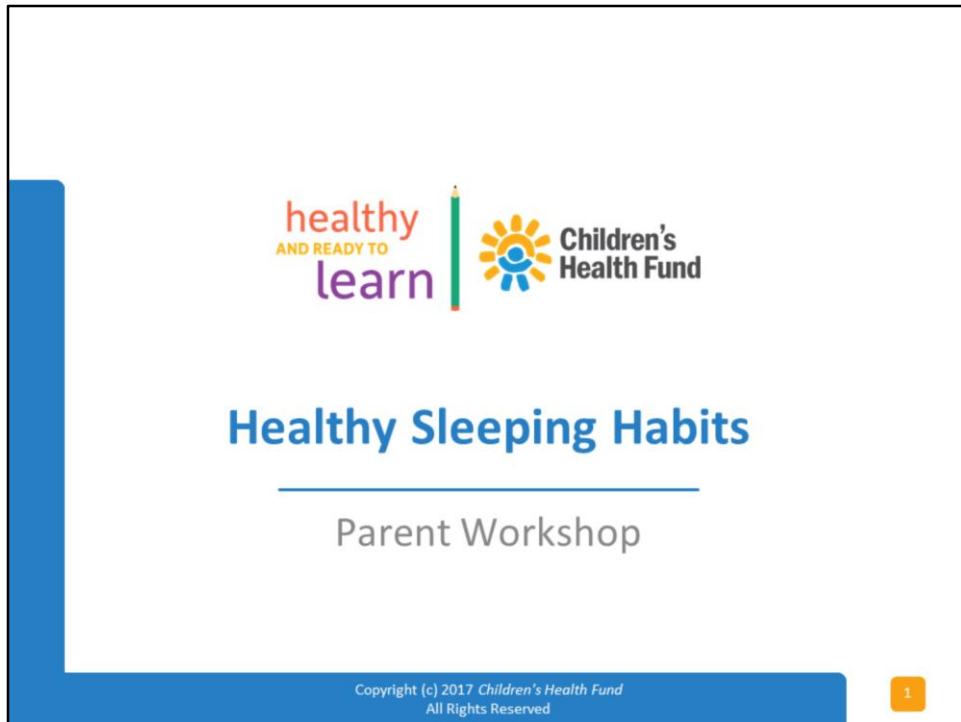
Materials:

1. Presentation
2. Post-Workshop Surveys
3. Sleep Calculator Activity Sheet

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Material Needed
1 min	Slide 1	Introduce the topic	
3 mins	Slide 4	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
1 min	Slide 7	Allow participants 1 min to give answers to the question.	
1 min	Slide 9	Allow participants 1 min to give answers to the question.	
1 min	Slide 10	Allow participants 1 min to give answers to the question.	
1 min	Slide 11	Allow participants 1 min to give answers to the question.	
7 mins	Slide 12	Hand out sleep calculators. Allow each parent to complete the calculator exercise for their child. This calculator will help parents know what time their children should be going to bed	Sleep Calculator
3 mins	Slide 13	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
1 min	Slide 15	Allow participants 1 min to give answers to the question.	
1 min	Slide 16	Allow participants 1 min to give answers to the question.	
1 min	Slide 19	Mention that it might not always be possible to get the room dark. Offer that one solution is to buy sleep mask (show picture) Also offer	

		that one room can be dedicated for children who need to go to sleep early.	
1 min	Slide 21	Read the routine list on the picture. Also include that parents can lay their child's clothes out at night. Parents can also prepare lunches and snacks the night before.	
4 mins	Administer post-workshop surveys.	Ask participants to complete the back side of the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Facilitator Note: Introduce the topic. “Today we will be discussing Healthy Sleeping Habits for your children.”

Note: For any slide that does not have facilitator notes please read the information on the slide. Feel free to add information if you feel comfortable.

Thinking Question

How many **hours** of sleep should your child get each night?



Facilitator Notes: Ask the audience this question. Tell them to write their answers on a sheet of paper or remember the number. You will ask the question again.

Image: https://pixabay.com/p-1151351/?no_redirect

Today's Takeaways

- **Sleep to recharge the brain.** Children who get enough sleep are better prepared for school.
- **Know the barriers.** Parents can help their children get enough sleep.
- **Follow the sleep tool kit.** The sleep tool kit helps your child build a routine.

Facilitator Notes: In this session we will... click for each bullet. (read through the takeaways)

The Importance of Sleep

PARENT SHARE

Why is sleep **important** for your child to stay healthy?

Facilitator Notes: Ask parents the parent share questions. Then allow participants 3 mins to talk about this question with the person to the left or right of them.

The Importance of Sleep

Getting a full night's sleep **every night** helps children:

- Stay healthy
- Grow
- Learn



Facilitator Notes: Mention that it is important for children to get enough sleep because it helps build the child's immune system. It also helps with physical growth and brain development

Source: <http://sleepfoundation.org/ask-the-expert/what-happens-when-my-child-or-teen-doesn%E2%80%99t-get-enough-sleep>

The Importance of Sleep

Getting a full night's sleep **every night** helps children:

- Grades
- Energy
- Mood
- Focus

Source: <http://time.com/3663796/for-better-grades-let-your-kids-sleep-more/>

Thinking Question

What is one bad outcome of **NOT** getting enough sleep?

Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

The Importance of Sleep

Poor sleep can **lead to**:

- Mood swings
- Sleeping in class
- Poor school performance
- Behavior problems
- Emotional problems
- Attention problems
- Colds and flu

Source: <http://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/3>
<http://sleepfoundation.org/ask-the-expert/what-happens-when-my-child-or-teen-doesn%E2%80%99t-get-enough-sleep>

Thinking Question

How much sleep did your child get when he or she was a **BABY**?



Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image:

https://upload.wikimedia.org/wikipedia/commons/thumb/e/e4/Simpleicons_Business_clock-time-control-tool-1.svg/1000px-Simpleicons_Business_clock-time-control-tool-1.svg.png

Thinking Question

How many hours of sleep does he or she
get **NOW**?



Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image:

https://upload.wikimedia.org/wikipedia/commons/thumb/e/e4/Simpleicons_Business_clock-time-control-tool-1.svg/1000px-Simpleicons_Business_clock-time-control-tool-1.svg.png

REVISIT: Thinking Question

How many **hours** of sleep should your child get each night?

**Children need 10-11 hours
every night**

Facilitator Notes: Read question again and then click for answer

Source: National Sleep Foundation, "Children and Sleep":

<http://sleepfoundation.org/sleep-topics/children-and-sleep/page/0%2C2/>

Activity

Facilitator Notes: Hand out sleep calculators. Allow each parent to complete the calculator exercise for their child. This calculator will help parents know what time their children should be going to bed.

PARENT SHARE

What are some **reasons** a child might not be getting enough sleep?

Facilitator Notes: Ask parents the parent share questions. Then allow participants 3 mins to talk about this question with the person to the left or right of them

Source: National Sleep Foundation, "Children and Sleep":

<http://sleepfoundation.org/sleep-topics/children-and-sleep/page/0%2C2/>

The infographic is titled "healthy AND READY TO learn" and includes the "Children's Health Fund" logo. It features five categories of sleep disruptors, each with an image and a label:

- Traffic Noises:** An image of a busy highway at night with many cars.
- Caffeine:** An image of a green Sprite bottle and a red Coca-Cola bottle.
- Dogs Barking:** A cartoon drawing of a white dog sitting and barking, with the word "WOOF" written above it.
- Irregular Sleep Schedule:** Three clock faces; the one on the left is circled in red with a downward arrow, indicating a disrupted schedule.
- Screen Time Before Bed:** A cartoon drawing of a person sitting in bed with a laptop on their lap, looking at the screen.

At the bottom left, the website "www.hrl.nyc" is listed. At the bottom right, there is a small orange square with the number "14".

Facilitator Notes: Click for each of the images to come up (there are five). Also mention that lights inside and outside of the home may make it hard for children to go to sleep. As well as outside noises.

Source: National Sleep Foundation, "Children and Sleep":

<http://sleepfoundation.org/sleep-topics/children-and-sleep/page/0%2C2/>

Images: https://c1.staticflickr.com/4/3426/3350764803_c6458b4981_b.jpg

<http://maxpixel.freegreatpicture.com/static/photo/1x/Bottle-Soda-Sprite-Coca-cola-Soft-Drink-Drink-986803.jpg>

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https://upload.wikimedia.org/wikipedia/commons/thumb/e/e4/Simpleicons_Business_clock-time-control-tool-1.svg/1000px-Simpleicons_Business_clock-time-control-tool-1.svg.png

https://upload.wikimedia.org/wikipedia/commons/thumb/f/fb/Current_event_clock.svg/2000px-Current_event_clock.svg.png

<https://www.flickr.com/photos/beantin/9573717017>

Thinking Question

Of the things that can make it hard for your child to get enough sleep, which are **in your control**?

Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Thinking Question

What are some things you can do to help your child get **10-11 hours** of sleep each night?

Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

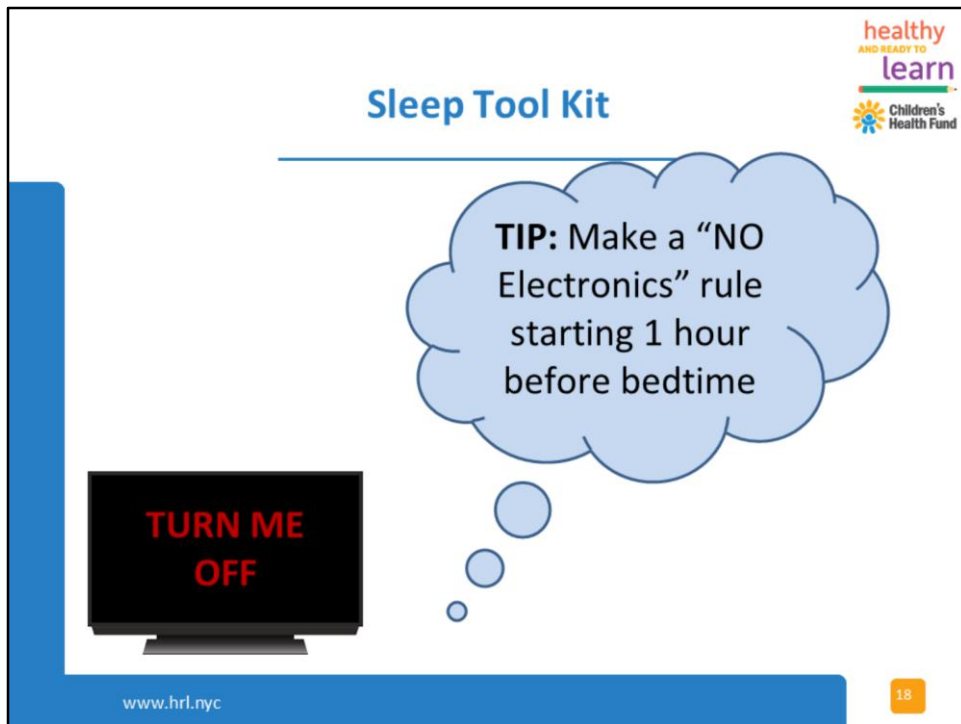
Sleep Tool Kit



TIP: Avoid giving your child coffee, soda, and chocolate milk 1 hour before bed

Source: <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>
Image: https://pixabay.com/p-443123/?no_redirect

Sleep Tool Kit



A graphic titled "Sleep Tool Kit" featuring a television set on the left with the text "TURN ME OFF" in red on its screen. To the right of the TV is a large blue thought bubble containing the text "TIP: Make a 'NO Electronics' rule starting 1 hour before bedtime". The graphic is set against a white background with a blue L-shaped border. In the top right corner, there are logos for "healthy AND READY TO learn" and "Children's Health Fund". At the bottom left, the URL "www.hrl.nyc" is displayed, and at the bottom right, there is a small orange square with the number "18".

healthy
AND READY TO
learn

Children's
Health Fund

**TURN ME
OFF**

**TIP: Make a "NO
Electronics" rule
starting 1 hour
before bedtime**

www.hrl.nyc


18

Source: <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>
Image: https://pixabay.com/p-850191/?no_redirect

healthy
AND READY TO
learn
Children's
Health Fund

Sleeping Tool Kit

TIP: Try making the room as dark as possible.



www.hrl.nyc

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Facilitator Notes: Mention that it might not always be possible to get the room dark or quiet. Click for images then say "You can also use ear plugs or face mask to help darken and quiet the room."

Also mention that one room can be dedicated for children who need to go to sleep early.

Source: <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>

Image: https://c1.staticflickr.com/7/6102/6260005077_7ec87d3928_z.jpg

Sleeping Tool Kit



TIP: Let your child choose a song or story before bed.

Source: <https://www.healthychildren.org/English/healthy-living/sleep/Pages/Bedtime-Routines-for-School-Aged-Children.aspx>

Image: https://c1.staticflickr.com/3/2112/2439130205_5f0d6240cc_z.jpg?zz=1

Sleep Tool Kit

Bedtime Routine

	<i>Pajamas</i>
	<i>Brush Teeth</i>
	<i>Go Potty</i>
	<i>Bedtime Story</i>
	<i>Lights Out</i>

TIP: Design a bed time and morning routine.

Facilitator Notes: Read the routine list on the picture. Also include that parents can lay their child's clothes out at night. Parents can also prepare lunches and snacks the night before.

Source: National Sleep Foundation, <http://sleepfoundation.org/sleep-topics/children-and-sleep/>

Images: https://pixabay.com/p-963135/?no_redirect

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https://pixabay.com/p-1692482/?no_redirect

https://pixabay.com/p-30466/?no_redirect

If your child

- Snores
- Falls asleep when he/she shouldn't
- Coughs a lot at night
- Has other signs of sleep problems

Talk to their doctor as soon as possible

Today's Takeaways

- **Sleep to recharge the brain.** Children who get enough sleep are better prepared for school.
- **Know the barriers.** Parents can help their children get enough sleep.
- **Follow the sleep tool kit.** The sleep tool kit helps your child build a routine.

Facilitator Notes: Summarize lesson's main points. Click for each bullet.

Questions?



Thank You!



If you would like to see other healthy sleeping habits resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

Activity

SLEEP CALCULATORS

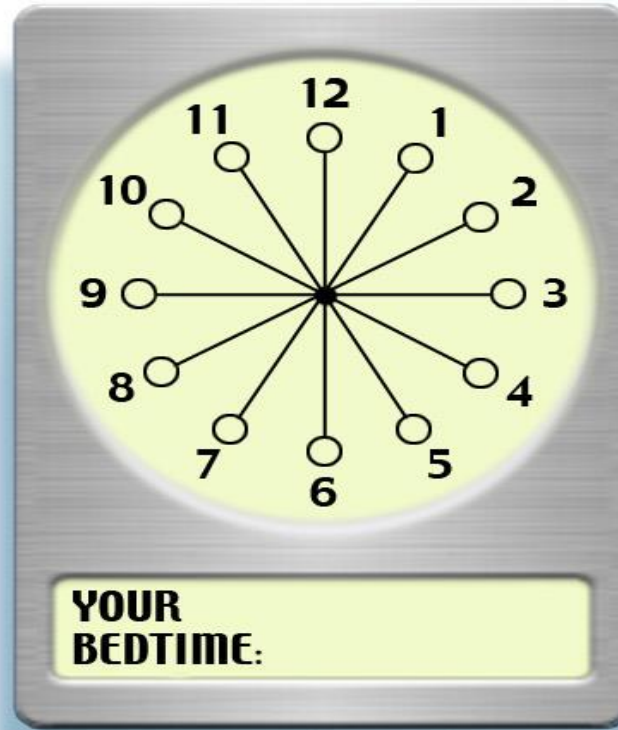


LEARN ABOUT YOUR SLEEP SO YOU CAN GET THE RIGHT AMOUNT OF SLEEP EACH NIGHT. USE THESE HANDY **SLEEP CALCULATORS!**

from
sleepforkids.org

BEDTIME CALCULATOR

An 8 year-old needs **10 to 11 hours** of sleep each night. Use this calculator to find a **Bedtime** that will let you get 10 hours of sleep.



1. Mark the time you need to get up in the morning.
2. Count backward 10 hours.
3. Mark that time. That is your **Bedtime**, the time you should go to bed to get 10 hours of sleep.
4. Write your Bedtime in the space on the Bedtime Calculator.

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

How sleep recharges the brain

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

How to help your child get enough sleep

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

BUILDING HEALTHY HABITS

HEALTHY SLEEPING HABITS

**School-Aged Children Need
10-11 hours of sleep each
night**

Sleep Tool Kit

- ❖ Design a bed time routine
 - Pajamas
 - Brush Teeth
 - Drink Water
 - Go to the Bathroom
 - Read Stories
 - Lights OUT
- ❖ Try to get your children in the bed at the same time every night
- ❖ Try to avoid giving your child coffee, soda, and chocolate milk 1 hour before bed
- ❖ Make a “NO Electronics” rule 30 minutes before bedtime
- ❖ Try to make the room as dark as possible

SECRETS FOR SUCCESS

Reconnect every day. Give your child a few minutes of your full attention: draw together, build something, play outside, or go on a walk.

COOKING CORNER



Apples and Peanut Butter

Ingredients

- 1 firm apple (red or green)
- 2-4 tablespoons of peanut butter (crunchy or creamy)

Directions: Slice apple into wedges
Spread peanut butter on one side of each apple slide

Note: You can also put peanut butter in a bowl and dip the apple wedges.

Celery and peanut butter is another healthy snack

