

Smart Sleep!

Benefits of Sleep:

1. Body restores itself during sleep.
2. Increases brain's ability to focus, learn, and think clearly.
3. Helps boost immune system which helps fight sickness.
4. Active period of bodily growth and repair.

Farmers Market or Green Cart Shopping List

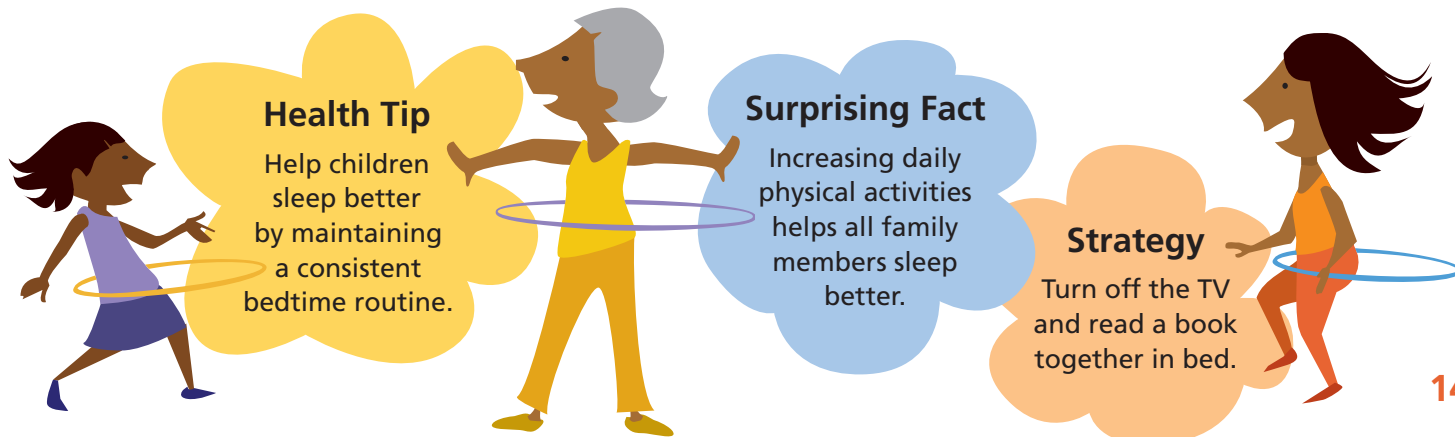
Pick up a banana—a healthy bedtime snack—at your local market!

Family Goal

Goal: Develop a family bedtime routine! Use this nighttime checklist:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Take a warm bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Place a cup of water by the bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Share the best part of the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a story together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn on the night-light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sing a lullaby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give a hug or kiss goodnight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give a backrub	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fact of the Week 1–3 year olds need 12–14 hours of sleep in a 24-hour period. 3–5 year olds need 11–13 hours of sleep each night.



At-Home Tools



Sleep Books

Goodnight Moon
by Margaret Wise Brown

Time to Sleep
by Denise Fleming

Good Night, Gorilla
by Peggy Rathmann

New Sleep Words to Use

1. Tired
2. Sleep
3. Nap
4. Rest
5. Bed



Did you know...

Getting too little sleep may lead to chemical changes in the brain that cause individuals to feel hungrier and eat more.

Quiet Bedtime Activities

Read favorite books together

Give a backrub

Stretch gently

Keep bedroom comfortable, quiet, and dark

Bedtime Snack Recipes

- Cup of warm fat-free or low-fat milk or
 - Banana slices or
 - 2 slices of toast or
 - Cup of applesauce with cinnamon sprinkled on top

