



Heads Up Kentucky

Psychology Promotes Healthy Living

What is Heads Up Kentucky?

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

About the KPA Foundation

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

Kentucky Psychological Association Foundation

120 Sears Avenue • Suite 202 • Louisville KY 40207
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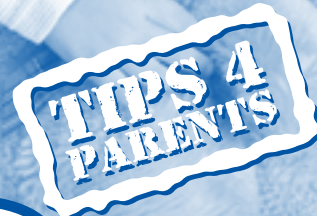


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Nighty Night: Tips that will have your
child sleeping soundly at any age



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Presented by
THE KENTUCKY PSYCHOLOGICAL
ASSOCIATION FOUNDATION

Nighty Night: Tips that will have your child sleeping soundly at any age

Children need sleep to develop healthy bodies and minds. Here are some tips to improve your child's sleep.

Newborns

Newborns need anywhere from 10 to 18 1/2 hours of sleep per day. Every baby is different.

Infants

Starting from 6 weeks to 3 months you can start influencing your child's sleep and help develop good habits.

- Put your baby down for bedtime or a nap when your baby first shows signs of sleepiness. Don't wait until baby is asleep.

Babies wake up several times during the night. Babies can learn to help themselves back to sleep after a brief awakening. This makes things much easier for baby and you!

Help your baby sleep at night.

- Bright in the day, dark at night: babies need lots of bright, natural light during the day. Keep nighttime light dim.
- Keep your baby active during the day, slow things down in the evening.
- Use a bedtime routine.
- Use a special, soft, soothing object.

Toddlers

Your child should be sleeping through the night, with one or two daytime naps. Change or stressful events (a vacation or illness) can cause temporary setbacks.

- Keep a pleasant and comforting bedtime routine.
- Set a regular nap and bedtime sleep schedule.
- No naps after 4:00 p.m.

School-age

Now that your child must get up early for school it is more important than ever to maintain a regular sleep schedule.

- Consistency is key! Set a bedtime schedule and stick to it.
- Bedtime routines are more important than ever. The last 30-45 minutes with your child can be the best quality time of the day.
- Set limits. If your child resists bedtime, set clear limits on how many books you will read or how many drinks of water you will allow.
- Avoid TV and computers late in the evening, and keep them out of the bedroom.
- No sugary treats and caffeine late in the day. Remember chocolate contains caffeine.

Teenagers

Most teenagers need about 9 hours of sleep a night, but most teenagers only get 7.5 hours.

- Getting the right amount of sleep is serious business. Chronic sleep loss puts teens at risk for car accidents and poorer school performance.
- Don't play weekend catch-up. This can create a vicious cycle making your teenager more tired throughout the week.

Health Considerations

If your child has chronic sleep problems, loud snoring, difficulty breathing, unusual nighttime awakenings and frequent daytime sleepiness, consult your pediatrician immediately.

For more information:

Heads Up Kentucky: www.headsupkentucky.org

Sleep Foundation: www.sleepfoundation.org

American Psychological Association: www.apa.org

Ferber, R. *Solve Your Child's Sleep Problems*

Mindell, J.A. *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep*, Harper, 2005

Bedtime reading suggestions:

Lite, L. *The Goodnight Caterpillar: Muscular Relaxation and Meditation Bedtime Story for Children, Improve Sleep, Manage Stress and Anxiety*

Brown, M.W. *Goodnight Moon*

Meyer, M. *There's a Nightmare in My Closet*

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at www.headsupkentucky.org.

