

Sleepless in America: Is Your Child Misbehaving or Missing Sleep

"Thanks for bringing in the speaker last night. What a great presentation! I am so motivated to make some positive changes at home. I was also excited to hear this will be an annual event. Parents really need this kind of education."

Mary Sheedy Kurchinka, best selling author and internationally recognized speaker and parent educator gave a presentation to 300 parents and early childhood professionals on Tuesday, March 18, 2008 about her latest book concerning sleep issues.

Sheedy Kurcinka said a good night's sleep begins in the morning, "It's really about what we do during the day that changes the night awakenings."



Tense children will sleep better when parents take the steps to help them fall asleep in the "green" zone," Sheedy Kurcinka said.

One way is to establish a bedtime or naptime routine that includes: a transition activity, such as dimming the lights, reading, cleaning up and preparing for bed: calm and connect, which is deactivating the arousal system, reading, talking and massage and back scratches; the cue for sleep — a lullaby, turning on a fan or sound machine, turning off or on a light and a little "saying," such as a prayer or kiss, and then the switch to sleep. "When you create the routine, it cues the brain for that switch to sleep," Sheedy Kurcinka said.



Child care was provided during the presentation in the ECFE classrooms.

Prior to the presentation, a family-style spaghetti dinner was served in the cafeteria.

