

A good night's sleep is crucial for learning

When your child doesn't get enough sleep, it's hard for her to learn in school. That's because sleep affects a child's ability to:

- Plan and organize.
- Solve problems.
- Control mood and behavior.
- Focus and pay attention.
- Retain information.

To help your child get the recommended nine to 12 hours of sleep she needs each night:

- Stick to a schedule. Enforce a regular bedtime and wake time. Establish times for meals, homework and recreation.
- Encourage her to get moving. Exercise and fresh air help children sleep better.
- Set a technology curfew. Kids should avoid bright screens for one hour before bedtime.
- Follow a bedtime routine. She could take a bath, enjoy a story and share her favorite part of the day. Then, it's lights out.
- Make her feel safe. Put a night light in her room. Tell her you'll check on her periodically.

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