

Rosemary Kennedy School

VIRTUAL PARENT GROUP MEETING NOTES

RKS Virtual (Zoom) parent meetings have been created to provide parents information, and to share common thoughts and concerns. Our meetings are topic specific with information we hope you will find helpful. Our presentations are recorded and available in the RKS Parent Portal. A recording presented by Rand Miller, school psychologist focused on sleep disorders and how to identify and manage sleep. Here are some highlights from our Zoom meeting.

Nighttime routine noncompaio71.4(E)88FU71.4(E)88FU7i41.45E-related directions

- Difficulty staying in bed
- Remaining quiet and still
- Calling out, crying or engaging in a behavior that requires you to

STEP1: DEVELOP OPTIMAL SLEEP SCHEDULE

- Age -appropriate sleep amounts
 - Age matters but figure 8 -9 hours, more for younger children.

STEP 2:CREATE A NIGHTTIME ROUTINE

Develop a nighttime routine that triggers “behavioral quietude” and results in falling asleep

Try to implement it consistently across nights

Use picture schedules or lists if your child can read

Activities should progress from active to passive

Routine should be the same every night

Prior to saying goodnight

Activities should progress from active to passive

- Make gradual changes in fun factor
- Step down reinforcement

Exercise/baths earlier in the night

- Avoid hot baths right before bed

Light snacks without caffeine

- Look for hidden sources of caffeine

Does it change during the night?

What is the sound environment like in the bedroom?

Does the noise level change during the night?

- TV or music set with a timer

What type of bed? Bedding?

What does your child sleep in?

SOME HELPFUL SUGGESTIONS

- Adjust the temperature in the room
- Body needs to be cool while sleeping
- Comfortable bedding and pj's
- Indirect lighting only
- Noise: it can be a challenge to make a bedroom and house silent
 - Noise can be alerting
 - Music is NOT the same as 'sound' or white noise
 - Introduce a white noise/sound machine to the bedroom
- Best toys/preferred activities not visible

4- GOOD SLEEP DEPENDENCIES

Good sleep dependency is the ability to fall or stay asleep without your presence

WHAT ARE GOOD SLEEP DEPENDENCY ITEMS

Something that can be there in the middle of the night

Items that are available on the go (e.g., for vacations or nights at a relative or friend's house)

Good dependencies: pillow, blanket, stuffed animal

One of the best sleep dependency you can introduce is
a white noise machine

