

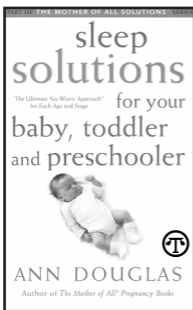
Parents' Guide

Sleep Solutions



(NAPSA)—You probably didn't realize how much you enjoyed a good night's sleep until you had children.

These bundles of joy often have a special gift for refusing to fall or stay asleep, a problem that is even more prevalent during the hot summer months. Here are some sleep strategies from Ann Douglas, award-winning author of "Sleep Solutions for Your Baby, Toddler and Preschooler" (Wiley):



1. Keep it cool. Make sure your child's room is a comfortable temperature—ideally in the 68° to 72° range.

2. Swaddle smart. If your baby likes to be swaddled for comfort, make

sure the swaddle isn't causing your baby to become too warm. Switch to a lightweight fabric.

3. Check to see if your baby is too warm by putting your hand on the back of the baby's neck to see if she's sweating.

4. Darken the room with black-out liners and shades, if she has a hard time sleeping when it's light outside.

5. Cool kids down with a pre-bedtime shower or bath. Or encourage them to soak their feet before tuck-in time. It can help bring their overall body temperature down.

6. Talk to your child at bedtime so she can open up about any unsettling experiences that may make it difficult to relax.

7. Watch the caffeine. Substitute milk for caffeinated soft drinks and go easy on chocolate bars and other caffeine-rich treats.