

Parenting Pages

Helping Your Little One Sleep Through the Night

(NAPSA)—Do you get enough sleep? Many of us would answer “no.” But, what about your children? To many parents, especially those of infants and toddlers, it may seem that all their children do is sleep.

However, according to a recent survey released by The National Sleep Foundation and Pampers® Baby-Dry™, more than 40 percent of parents report that their children, newborn through four years, are receiving less than the recommended 12-15 hours of sleep required within a 24-hour period, which is key to a child’s growth and development. The survey also shows that 64 percent of babies and toddlers experience an interruption of sleep at least a few nights a week.

To help parents set up successful sleep habits for their child, Jo Frost, star of TV’s “Supernanny,” who has more than 15 years experience as a nanny, has teamed up with the National Sleep Foundation to offer these simple tips:

1. Establish a bedtime routine and stick with it—Children thrive on routines. Parents should set a specific schedule and make sure they are following it to provide children with the cues they need to prepare for a good night’s sleep.

2. Establish a regular eating schedule and food plan—If children have set mealtimes that work, they are less likely to wake up hungry in the middle of the night.

3. Make sure baby is dry and comfortable—Children should



“Supernanny” Jo Frost offers simple, effective tips to help parents achieve restful nights and bright mornings.

wear an absorbent diaper like Pampers Baby-Dry and sleep in a room that is quiet and comfortable.

4. Engage in wind down activities—Just like adults, children need to wind down through quieter activities like a warm bath and story time.

5. Give bedtime your full attention—Sleep is a priority, and is important to the well-being of the entire family.

“From what I have seen while working with families, well-rested children embrace each day with a better temperament and mood, setting the tone for a much better day for the whole family,” says Frost.

For the full results of the sleep survey, please log on to www.sleepfoundation.org, and for more information on Pampers Baby-Dry and parenting tips please go to www.pampers.com.