



MENTAL HEALTH MATTERS

Tips on strengthening mental wellness in everyone!

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THE IMPORTANCE OF SLEEP

The American Academy of Sleep Medicine states that toddlers need 11-14 hours, ages 3 to 5 need 10-13 hours, and ages 6 to 12 need 9-12 hours of sleep in a 24 hour period. Healthy sleep is essential for nourishing children's bodies and minds. Mentally, sleep plays an important role in children's healthy brain development.

Bedtime routines begin before getting under the covers. Here are a few things to try with your children.

- Be a stickler about bedtime. Keep a consistent sleep schedule and routine.
- Give your children some green time. Make sure they get outside to play and be in the sun.
- Pull the plug on electronics and bright lights before bedtime.
- Make sure your child has plenty of relaxing time before bed to unwind from their busy day. Practice breathing together to help kids become calm and settle down.



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