

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

The Child Mind Institute - How to help your child get enough sleep.

How does your child feel if they haven't slept well? Moody? Cranky? Sluggish? Sleep deprivation can affect kids' ability to control their emotions, impulses, and behavior. It can make symptoms of mental health disorders worse. And most kids and teens aren't getting the recommended amount of sleep each night.

This week on childmind.org, we round up resources on why kids struggle to get enough sleep and how parents can help. We provide tips on **how to choose sleep strategies for infants** and **improve sleep hygiene for older kids**. We also look at factors that make sleep deprivation common among teenagers, and we dive into the physical, mental, and behavioral consequences, especially for those predisposed to mood disorders like depression. Finally, we consider **how lack of sleep can lead to a misdiagnosis of ADHD**.

– Stephanie Cornwell, Staff Editor

Childmind.org -

https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=child_mind_institute_url_body

How to choose sleep strategies for infants -

https://childmind.org/article/choosing-a-sleep-training-method-that-works-for-your-family/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=choosing-a-sleep-training-method-that-works-for-your-family

Improve sleep hygiene for older kids -

https://childmind.org/article/encouraging-good-sleep-habits/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=encouraging-good-sleep-habits

How lack of sleep can lead to a misdiagnosis of ADHD. -

https://childmind.org/article/adhd-sleep-disorders-misdiagnosed/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=adhd-sleep-disorders-misdiagnosed

Encouraging Good Sleep Habits

Tips for helping kids fall — and stay — asleep.

https://childmind.org/article/encouraging-good-sleep-habits/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=encouraging-good-sleep-habits

Choosing a Sleep training Method That Works for Your Family

A survey of strategies from ‘cry it out’ to ‘no cry.’

https://childmind.org/article/choosing-a-sleep-training-method-that-works-for-your-family/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=choosing-a-sleep-training-method-that-works-for-your-family

Why Are Teenagers So Sleep-Deprived?

A perfect storm of biology, technology, and homework.

https://childmind.org/article/teenagers-sleep-deprived/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=teenagers-sleep-deprived

Teens and Sleep: The Cost of Sleep Deprivation

Lack of adequate sleep is linked to moodiness, risky behavior, and injuries.

https://childmind.org/article/happens-teenagers-dont-get-enough-sleep/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=happens-teenagers-dont-get-enough-sleep

How to Help Teenagers Get More Sleep

It’s not easy, but parents can encourage good sleep habits.

https://childmind.org/article/help-teenagers-get-sleep/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=help-teenagers-get-sleep

ADHD and Sleep Disorders: Are Kids Getting Misdiagnosed?

Since both cause attention problems, they can be difficult to tease apart.

https://childmind.org/article/adhd-sleep-disorders-misdiagnosed/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=adhd-sleep-disorders-misdiagnosed

Shared information and Credit to "The Child Mind Institute".