# SLEEP & TECHNOLOGY TIPS

Center For
PEDIATRIC EXCELLENCE™

## SLEEP

Sleep is essential for physical and mental health and impacts many aspects of child development and behaviour both at home and at school.

*How much sleep does my child need?*

Age 3-5: 10-13 hours/night

Age 6-12: 9-12 hours/night

Age 13-18: 8-10 hours/night

*Healthy Sleep Promotion Tips*

- Set a consistent schedule for bedtime and wake up time on the weekends and weekdays

- Spend at least 1.5 hours outside during daylight hours

- Aim for 60 minutes of moderate physical activity everyday

- Avoid afternoon naps, if needed – no more than 30-60 mins

- Electronic curfew at least 1 hour before bed no access to screen

- Initiate a regular bedtime routine: brushing teeth, getting changed, engaging in relaxing activities such as reading, drawing

- Limit blue light and keep the room dark

### Books

- Be the parent please: stop banning seesaws and start banning Snapchat: strategies for solving the real parenting problems – *Naomi Riley*
- The bullying workbook for teens: activities to help you deal with social aggression and cyberbullying – *Lohmann & Taylor*
- Screen-smart parenting: how to find balance and benefit in your child's use of social media, apps, and digital devices – *Jodi Gold*
- Screenwise: helping kids thrive (and survive) in their digital world – *Devorah Heitner*
- The tech solution: creating healthy habits for kids growing up in a digital world – *Dr. Shimi Kang*

### Personalized Family Media Plan

- Create a Personalized Family Media Use Plan with your household customizable to every member in the home
- https://healthychildren.org/MediaUsePlan

### Screen Time Tips

- Keep screens out of children's bedrooms
- Create a "screen curfew" for all mealtimes and in the bedtime routine
- Check the parental control settings for video game systems and tablets
- Spend tech-free times with your children engaging in tech-free activities: going for walks, playing board games, baking, playing outdoors

### Apps

- Boomerang – Parental & Screen Time Controls

### Websites

- https://mediasmarts.ca/
- https://protectkidsonline.ca
- https://www.caringforkids.cps.ca/handouts/behavior-and-development/social_media
- https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx