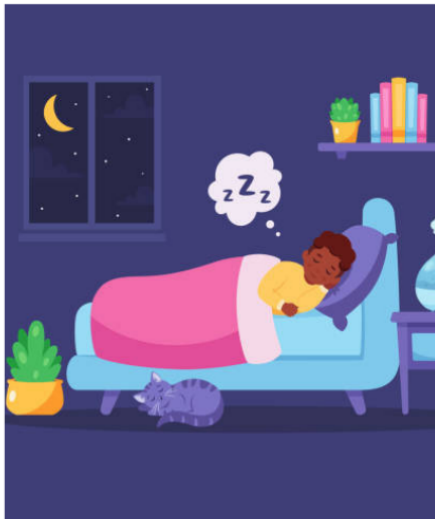


MONTHLY NURSE'S NOTE

As parents, you know how crucial sleep is for your little ones' overall health and happiness. But did you know that you can use your child's senses to help them get the best sleep possible? That's right, those amazing tools they use every day are secret weapons for super sleep.



Remember, establishing healthy sleep habits early on is essential for your child's well-being and development. By harnessing the power of their senses, you can create a nurturing sleep environment that sets them up for sweet dreams and restful nights.

HERE'S HOW YOU CAN HARNESS THE POWER OF YOUR CHILD'S SENSES FOR BETTER SNOOZING:

Sight:

Create a sleep-friendly environment by ensuring your child's bedroom is nice and dark when it's bedtime. Invest in blackout curtains to block out any unwanted light, signaling to their brain that it's time to rest.

Sound:

Help your child unwind with soothing sounds like gentle music or white noise. Avoid loud noises or distractions that can disrupt their sleep. A peaceful environment will make it easier for them to drift off to dreamland.

Smell:

Incorporate calming scents like lavender, chamomile, or vanilla into your child's bedtime routine. Use a lavender-scented pillow spray or diffuse essential oils to create a relaxing atmosphere that promotes deep sleep.

Touch:

Ensure your child's sleep environment is comfortable and cozy. Invest in soft, breathable bedding, and encourage them to cuddle up with their favorite stuffed animal or blanket. A comforting touch can help them feel secure and relaxed as they drift off to sleep.

Taste:

Be mindful of your child's pre-bedtime snacks. Avoid heavy or sugary foods that can disrupt their sleep. Instead, opt for light, nutritious snacks like a banana or some crackers to satisfy hunger without causing discomfort during the night.