



PBIS

Positive Behavior Intervention Supports

One way to help improve our children's behaviors, is to make sure they are getting enough high quality sleep. Many of the symptoms associated with Attention Deficit Hyperactivity Disorder are actually the same symptoms of sleep deprivation. These include impulsivity, hyperactivity, and inattention. Children who do not get enough sleep have a harder time maintaining good behaviour during the day.

How can I help my child sleep?

- Turn off all screens an hour before bedtime and keep screens out of the bedroom
- Have a set bedtime and a regular bedtime routine
- Make sure the child gets enough physical activity during the day
- Avoid all caffeine for children
- Try calming activities such as warm baths, guided meditation, and bedtime stories..

How much sleep does my child need?

- Preschool aged children need 10-13 hours
- School aged children need between 9-11 hours
- Teen aged children need between 8-10 hours

For more information and tips check out these sites:

<https://drcraigcanapari.com/>
<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

BE School-Wide Expectations

BE Respectful BE Responsible BE Safe