HUB MOMENT:
Back to Early Nights

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BACK TO SCHOOL MEANS BACK TO EARLY NIGHTS—POSITIVELY

After a long summer break, kids’ sleep schedules may be all over the place. Healthy sleep routines help support healthy development and doing well at school. A good night’s sleep helps kids and teens prepare for learning the next day. Reasonable bedtimes and calm, organized morning routines help get the school day off to a better start so kids are refreshed, less stressed, and ready to learn. On the other hand, when kids don’t get enough sleep, it’s harder for them to pay attention and behave well in class. Their physical health can be affected, too.

Learning more about sleep patterns and problems can help you use positive methods to sort out and prevent bedtime battles. Set healthy bedtime and sleep patterns with your child and solve problems without arguments, with specific and practical Triple P – Positive Parenting Program® support.

Choose what positive parenting tools you’d like to use with Triple P! [Read more on this topic here](https://www.triplep-parenting.com/oc-en/hot-parenting-topics/my-child/and-bedtime-routines/).

Or find out more on the Triple P website: [www.triplep-parenting.com](http://www.triplep-parenting.com)