

Psych to Thrive

Schools and families share a common goal: ensuring student success. Psychology staff at Dufferin-Peel work together with schools and families to promote student achievement, mental health and well-being. Our new **PSYCH 5 TO THRIVE** initiative offers 5 strategies to help students thrive at school and at home.

Each one called by name (Isaiah 43:1)

Healthy Sleep, Happy Child

Getting a good night's sleep can help you and your child be your best at work and play. Here are 5 tips for healthy sleep for the whole family!



Follow a routine: Go to bed and get up at the same time each day—even on weekends! Create a regular nighttime routine—it lets your body know it's time to go to sleep. If you have to take a nap, try to make sure it ends before late afternoon.



Watch what you eat and drink: Avoid caffeine (coffee, black or green teas, chocolate, pop, etc.) 6-8 hours before bedtime. Don't go to bed with a stomach that is too empty or too full—both can interfere with sleep.



Stay Active: Get regular exercise—it improves restful sleep. But avoid rigorous exercise right before bedtime.



Relax: Listen to relaxing music, read alone or together, or try relaxation exercises (e.g., muscle relaxation, deep breathing, imagery). Take a warm bath 90 minutes before bedtime. The heat will raise your body temperature, and when it drops again it will help you feel sleepy.



Unplug: Keep the bedroom quiet, dark, and cool. Electronic devices can interfere with sleep. The light cues your brain to wake up. Turn devices off at least one hour before bedtime.

For further information, contact the current psychoeducational consultant, Jessica Pereira at your child's school or Dr. Debra Lean, Chief Psychologist, at (905) 890-0708, Ext. 24330.

