

Pointers for Parents

Bedtime Expert Offers Tips On Giving Kids A Good Night's Rest

(NAPSA)—A recent survey conducted by GoodNites® found nine out of 10 parents and kids participate in a pre-bedtime routine, while nearly half of parents can find it a struggle to put their kids to bed. Bedtime routines can be disrupted by anxiety over issues ranging from fear of the dark to bedwetting, making it difficult for kids to get the sleep they need. To help parents ease stress at night, parenting expert Judsen Culbreth, former editor-in-chief at Working Mother and Parent & Child magazines, offers the following tips.

• Reserve the Time

Consistent quality time spent with your children—even just minutes a day—helps you both unwind and reconnect from busy schedules. Select a time at night to turn off any distractions such as cell phones or computers to focus on your kids.

• Chart Their Progress

To ensure your children stay on task during their bedtime routines, create special charts. Illustrate or photograph each step of their routine and number them in the order your children prefer. Post the chart on your children's bedroom doors or walls and let your kids place stickers on the charts after they've completed each task.

• Fear of the Dark

Help your kids feel secure by leaving a light on or putting nightlights throughout the house. Or leave their bedroom door open at night so they feel closer to you.

• Monster Squad

Remove clutter from under the bed in case your child wants to do a pre-bedtime check for monsters. Decorate a spray bottle with stickers and the words "Monster Repellent" and fill it with water. Allow your child to spray his or her bedroom door at night.



• Concerns About Tomorrow

To ease any negative thoughts your child may have about the next day, create a "worry box." As part of your nighttime routine, discuss any concerns about tomorrow with your child and drop a bead, coin or small trinket into the box for each worry. Explain to your children that now all the worries are in the box and can wait, so they can focus on getting the rest they need.

• **Bedwetting:** Bedtime can be an especially stressful time for children if they're nervous about wetting the bed. In fact, 20 percent of kids have trouble sleeping through the night because of bedwetting. To help kids manage bedwetting until they outgrow it, try new GoodNites® Sleep Boxers and Sleep Shorts. They look like any shorts a child would wear to bed but with all-in-one disposable nighttime protection specifically designed for boys or girls, so your child can feel confident while going to sleep.

Visit the newly enhanced GoodNites.com Web site for bedwetting facts, advice and solutions and to hear about other families' experiences with bedwetting.