

Back-to-School DAYS

Banish Bad Bedtime Behavior



Some parents believe sleep problems only occur during infancy. But sleep problems may continue throughout childhood if they are not addressed promptly.

As much as parents may anticipate their children's bedtime as a point in the day when they can finally enjoy some peace and quiet, there are those moms and dads who dread bedtime, which can be frustrating for even the most level-headed parents. Parents may face a host of issues at bedtime each night, but each requires patience and perseverance so bad behaviors can be broken once and for all.

Wired Children

What parent hasn't experienced a child who is too excited to go to bed? Experts say that, depending on their age, children need 9 to 11 hours of sleep every night. Most children should be in bed by 8 p.m. to get the sleep their bodies need. If you miss the window of time to get them in bed, you may enter the overtired and wired period. A consistent bedtime and wake time can help set the pace for happy kids who are sleepy when they should be. Their bodies will adjust to the schedule, and over time they will involuntarily become tired when the time is right.

Over-stimulation

Children have many more toys and recreational activities at their disposal than their parents and grandparents did when they were children. The presence of these devices, including video game consoles and personal tablet computers,

may not make for an ideal sleep environment. Sleep therapists advise that television watching and activities that engage the mind a good deal should be ceased prior to bed and replaced with more relaxing activities. This can include listening to soothing music or reading a few pages of a favorite story. Avoid activities that will increase energy levels, such as exercise or rough-housing, before bed.

The Bed Hog

There are plenty of parents who embrace the concept of the "family bed," where everyone sleeps comfortably together. However, those who want their beds to be their private domain may be put off and disturbed by small feet kicking them in the night. But when faced with a midnight temper tantrum, many parents relent and let their child climb into their bed. This can cause a pattern of behavior that is difficult to break.

Sleep training involves getting toddlers or older children accustomed to sleeping in their own beds again. It may begin by a parent "camping out" in the child's room to provide security. Over a period of days, the parent gradually moves closer to the door and then out of the room entirely once the child can comfortably sleep solo in his or her room. Initially, the process may be uncomfortable for kids and parents alike. But eventually it may solidify good sleeping habits.

Inconsistency

A routine lets children know when it is time to go to sleep. Lacking a consistent schedule may not provide the physical cues that it is time to go to bed. Adhere to a routine each and every night so children become trained to go to bed at a particular time. This routine may include brushing teeth, picking out pajamas and then snuggling

together for a few minutes. Children are creatures of habit, and knowing what to expect will help set them up for sleeping success.

Safety Issues

Some parents cannot get a good night's sleep because they worry about their children rising in the middle of the night and wandering the house unattended or even leaving the home. Childproofing the home can calm those concerns. Placing a secure gate at the doorway of the child's room can limit roaming, while alarms placed on doors and windows can alert parents if a child is trying to open a window or exit the home.

Parents can take many steps to fix problematic bedtime behaviors and ensure the entire household gets the sleep they need.

High School Juniors & Seniors:
Set Yourself up For Success with MMC's

STEP AHEAD DUAL CREDIT PROGRAM

STEP AHEAD ADVANTAGES

- Increased confidence in ability to do college-level work
- Being a "step ahead" of other college freshmen
- Saving time by not having to take the courses in college
- Paying a fraction of the price for the same college credit
- Increased opportunities for the college student to double major, take lighter credit loads, and graduate in four years

Contact the Office of Admissions to Learn More.
1-855-MTMARTY (686-2789) | (605) 668-1545
WWW.MTMC.EDU/ADMISSIONS

MOUNT MARTY
COLLEGE

1105 WEST 8TH STREET | YANKTON, SD | 1-855-MTMARTY (686-2789) | WWW.MTMC.EDU

Midcontinent[®]
Broadband
Lifeline

Fast, affordable Internet service.

\$9⁹⁵

a month
+ tax

- 12Mbps downloads x 1Mbps uploads
- No installation fees
- No modem rental fees

Contact us today at 1.800.888.1300 to see if your household qualifies for Broadband Lifeline or other assistance programs available from Midcontinent Communications.

Being online is critical in today's world.

Internet is a major part of everyone's lives – school projects, job searches, paying bills, and to the homebound it is another way to connect to the outside world.

Low-income residents in Midcontinent[®] service areas can apply for Midcontinent[®] Broadband Lifeline service.

Call today for more details and to request a form at 1.800.888.1300 and we'll be happy to assist you.



midcocomm.com • 1.800.888.1300

Midcontinent
COMMUNICATIONS

The Connection That Counts™

Service available to qualifying applicants only. Broadband Lifeline form and proof of eligibility must be complete to qualify. Service requires a yearly renewal and periodic review. Service not available in all areas. All equipment is property of Midcontinent Communications[®] and subject to a fee if unreturned after disconnection of service. Additional restrictions may apply. Visit midcocomm.com for program details.

BEING FIT COULDN'T BE MORE FLEXIBLE



Over 175 Group Classes a Month!

- Boot Camp
- Insanity
- Zumba
- Yoga
- Abs
- Step Circuit
- Circuit Class
- Power Toning
- Water Aerobics
- Body Ball
- Urban Rebounder
- and more!

Unlimited Access
as low as \$18 a Month!

No long-term contracts!
Start or stop at any time!

Group Exercise Classes
At No Extra Cost!

FREE Personal
Training Session!

When you become a member, your flat monthly fee gives you unlimited access to our state of the art exercise equipment, group exercise classes at no extra cost, two pools, plus much, much more!

All new members receive one free introductory 30-minute personal training session. Membership for full-time students is \$18 per month; non-students start at \$23.85.

Avera
Sacred Heart
Wellness Center

605-668-8357 • 501 Summit Street • Yankton, SD 57078



Buy 6-months,
Get one month
FREE!

Not valid with any other coupons, discounts or offers. 6 month membership must be paid in full to receive one month free. Valid to 8/31/2014.

Avera
Sacred Heart
Wellness Center

Call 605-668-8376 for appointments.