COUNT 5!

Today. Tomorrow. Every Day.

sleep

Children age 7 & younger need 10–12 hours of sleep daily. Babies need even more.

1- SLEEP   2- MOVEMENT   3- NUTRITION   4- ROUTINE   5- LOVE

Why is sleep important?

It cleanses and refreshes the body and mind.

It's an essential part of physical and mental development.

It provides important energy for children spending time with other children.

❯ Parent & Caregiver Tip ❮

Teach your child to sleep by establishing routines for bedtime and naptime, and work with your childcare center and school to reinforce these routines.

Like our children, sleep is precious. Sleep = energy for life!

START SMART — The Path To School Readiness

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