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# PSN Family Resource Center NEWSLETTER

## 7 tips for helping your child wear a mask

The Centers for Disease Control and Prevention recommends that everyone over the age of 2 wear a mask while in public to slow the spread of COVID-19. Some schools will recommend or require masks as students return to the classroom this fall.

To make this transition easier for children, it's important that parents and guardians prepare them for prolonged mask wearing before school starts.

Here are 7 tips for helping your children get used to wearing a mask:

### 1. Explain why.

Children need to understand the reason why they will need to wear masks. Explain how masks prevent germs from spreading among people, and keeps others safe and healthy. Let your children's questions guide your conversation. Listen and answer their questions with facts in a way they can understand.

### 2. Demonstrate good mask etiquette.

Children model behaviors of the adults in their lives, so set a good example with your actions. Be consistent about wearing a mask each time you are in public. Show your children how to keep their mask over their mouth and nose. Explain that they should not touch or share their mask.

### 3. Practice at home.

Have your children practice wearing a mask for a few hours while at home. A good time to start is when they are allowed screen time, as they are more likely to forget about the mask. Have your children practice talking clearly while wearing a mask so others can understand what is being said. You can make practice fun while playing board, card or I spy games.

### 4. Play pretend.

For younger children, provide masks for stuffed animals and dolls during playtime. This can lessen any fears your children have with seeing other people in masks.

### 5. Get creative.

Allow your children to personalize masks with fabric markers or patterned fabric. There also are masks available with cartoon characters or sports teams that can showcase your children's personality and preferences. Your children could make a mask out of a favorite bandana or scarf, as well.

### 6. Take a photo.

Enlist the help of family and friends. Ask them to send your children photos of themselves wearing masks. In return, your children can send photos of themselves in a mask. Look at the photos, and reinforce how great your children, family and friends look in masks.

### 7. Pack extra masks.

As your children prepare to return to school, plan on sending extra masks each day. Children can be messy, and having backup masks on hand ensures they always have a clean mask to wear.



*What's Inside:*

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Entrance B  
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262-697-4651

<https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/7-tips-for-helping-your-child-wear-a-mask>



## FREE diaper distribution!

No registration necessary.  
Diapers are first come-first served  
while supplies last.

Sizes newborn, 2, 3, 4, 5, 6 & pull ups.

Kenosha County Job Center  
8600 Sheridan Road  
Drive up to Entrance B

Contact Alison at 262-605-6545 or  
[alison.haas@kenoshacounty.org](mailto:alison.haas@kenoshacounty.org) for  
more information.

If you are in need of hygiene  
products, such as shampoo or soap,  
let us know when you arrive.

## TRIPLE P—POSITIVE PARENTING PROGRAM

Triple P – Positive Parenting Program knows all parents have different needs. That's why Triple P has many different ways to get your parenting help so you can choose what will best suit you and your family.

### Virtual Triple P Small Group

All sessions run from 10am—noon on Zoom

September 7—Dealing with Disobedience

September 14—Developing Good Bedtime Routines

September 21—Hassle Free Shopping with Children

**Registration is required:** <https://tinyurl.com/23m3nkjt>

or contact Alison at 262-605-6545, [alison.haas@kenoshacounty.org](mailto:alison.haas@kenoshacounty.org) to reserve a spot.

Are you a parent or guardian looking for parenting classes or one-on-one parenting support? Triple P has a variety of levels to suit your family's needs. Contact Alison at 262-605-6545 or [alison.haas@kenoshacounty.org](mailto:alison.haas@kenoshacounty.org) to find out about upcoming sessions and offerings.

Check out our facebook page for more information: [facebook.com/preventionservicesnetwork/](https://facebook.com/preventionservicesnetwork/)



CHILD ABUSE & NEGLECT  
Prevention Board



# Back to School Sleep Tips



Parents know that quality sleep is essential to their children's success at school. With quality sleep, children have improved mood and ability to focus. Sleep is also essential for forming and retaining memories—an important part of learning!

But how can parents help their children get back on a sleep schedule for school after summer or holiday breaks? The secret lies in having healthy sleep habits year-round. A regular sleep schedule, as well as a quality sleep environment and other habits of good sleep hygiene, contribute to children's academic achievements and overall well-being.

## The Importance of Setting a Sleep Schedule

Children look to their parents for guidance on healthy habits. Sleep should be no exception. For both adults and children, a regular sleep schedule helps the body know when it's time to sleep and wake up. A sleep schedule helps prevent fatigue, exhaustion, and daytime drowsiness.

Children and adolescents whose parents set a bedtime schedule are more likely to get sufficient sleep<sup>2</sup>. These students likely have earlier bedtimes than their peers without parent-set bedtimes<sup>3</sup>. Students with parent-set bedtimes also experience less fatigue during the day and less difficulty staying awake during the day.

## How Much Sleep Does Your Child Need?

The amount of sleep needed varies depending on your child's age, activity levels, and individual needs. The National Sleep Foundation suggests the following guidelines:

- ⇒ Preschoolers (ages 3-5) require 10-13 hours of sleep
- ⇒ School-age children (ages 6-13) require 9-11 hours of sleep
- ⇒ Teenagers (ages 14-17) require 8-10 hours of sleep

A Centers for Disease Control (CDC) study found that most American children and teenagers don't sleep enough. Nearly 6 in 10 middle schoolers and at least 7 in 10 high schoolers don't sleep enough on school nights. Of the high school students surveyed, almost two-thirds sleep less than eight hours nightly.

Adhering to sleep schedules with parental support can help students achieve the sleep needed to help them perform their best.

<https://www.sleepfoundation.org/school-and-sleep/back-to-school-sleep-tips>

## What Is a Good Bedtime Routine?

Winding down at the end of the day can help children sleep well and prepare for school the next day. A good bedtime routine includes relaxing activities, such as:

- ⇒ Taking a warm bath/shower
- ⇒ Brushing teeth and washing up
- ⇒ Cuddling with a parent
- ⇒ Singing lullabies
- ⇒ Reading with a parent or individually
- ⇒ Journaling
- ⇒ Meditating

## Example of a Bedtime Routine

Maya, age 10, needs to get up at 6:30 a.m. to go to school. She does best when she has had ten hours of sleep.

- ⇒ At 7:30 p.m., an hour before bedtime, she puts away her tablet.
- ⇒ She takes a warm shower and brushes her teeth.
- ⇒ She reads a book quietly in the living room.
- ⇒ At 8:30 p.m. she goes to bed with a reminder from her parents. Her room is dark, quiet, and free of distractions.

She wakes up at 6:30 a.m. feeling refreshed and excited for school.

## Back-to-School Sleep Hygiene Tips

In addition to a structured sleep schedule and bedtime routine, sleep hygiene is essential for helping children sleep well. Sleep hygiene addresses both daytime habits and nighttime must-haves to ensure quality sleep. Back to school sleep hygiene tips include:

- ⇒ Exercise regularly. Exercise promotes sleep and reduces stress. Remember that inactivity during school years increases the risk for obesity in adulthood. Also note that your child should not exercise too close to bedtime, since this might prevent them from falling asleep.
- ⇒ Avoid too many extracurricular activities. While it may be fun or exciting to have a schedule full of activities, free time and rest time are also important to children's development. Less time spent on extracurriculars is also associated with more sleep in adolescents.
- ⇒ Limit napping. Napping in adolescents is linked to shorter and poorer sleep at night. Naps should not be taken if they interfere with sleep at night. However, if your child needs to nap in order to function well for the rest of the day, try to keep the naps less than 30 minutes long.
- ⇒ Avoid caffeine. Caffeine is a stimulant found in soft drinks, coffee, tea, and energy drinks. Caffeine can keep your child alert and awake well after bedtime. The CDC does not recommend caffeine for children or adolescents and its intake should be limited.



# PSN Family Resource Center

The mission of the PSN Family Resource Center is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

**Visit us during open hours, Tuesday, Wednesday and Thursday, 10am—2pm.  
Check in at Entrance D.**



## Meet Our Staff

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Find us on:  
**facebook.**

Like us on Facebook or visit our website:  
[www.PSNFamilyResourceCenter.com](http://www.PSNFamilyResourceCenter.com).



## snug as a bug

Tasha Twiddlebug needs a good night's sleep, because tomorrow is going to be another Twiddle-riffic day! Connect the dots to see what's shining in the night sky. Color the picture. Sweet dreams!

