

Sleep & Routines

Your kindergartener is growing up so fast—and they are learning so much!

For many of our students, kindergarten is their first experience with a full day of school. That is a long day for little learners! Some children may have taken naps last year or over the summer, while others may have been in an afternoon preschool program and were able to sleep later.

Getting enough sleep can make a big difference in how children feel, learn, and behave at school.

How Much Sleep Do Children Need?

Experts recommend that:

Children ages 3–5: 10–13 hours of sleep per day, including naps

Six-year-olds: 9–12 hours of sleep each night

When children get enough rest, they are better prepared to learn and enjoy their day!

The Benefits of Good Sleep

Better Learning & Focus

Well-rested children tend to have longer attention spans and can more easily focus on classroom activities. Adequate sleep also supports memory, creative thinking, and problem-solving.

Stable Mood & Behavior

Good sleep helps children manage big feelings and emotions. Rested children may have fewer tantrums, get along more easily with teachers and classmates, and have an easier time regulating their behavior.

A Strong, Growing Body

Sleep is an important part of healthy growth and development. During deep sleep, the body releases growth hormones and works to support the immune system. Children who get enough rest also wake up with more energy for learning and playing!

Tips for a Better Bedtime Routine

1. SET A CONSISTENT BEDTIME!

Try to keep bedtime around the same time every night.

For example, if your child needs to wake up at 6:00 AM, aim for a bedtime around 7:00–8:00 PM.

Consistency helps your child's body know when it is time to slow down and get ready for sleep.

2. TURN OFF TVs & TABLETS

Try to have children off screens at least one hour before bedtime.

Screens can make it harder for children to settle down because the light and stimulating content can keep their brains alert. Devices can also make bedtime battles more likely when children want "just one more" video or game.

Instead, use the hour before bedtime to help your child slow down and relax.

3. GET OUTSIDE & GET MOVING!

Outdoor play is a wonderful way for children to use their energy during the day.

Go for a walk, work in the garden, play with the dog, dig in the dirt, kick a ball, play catch, ride a bike, or simply explore outside!

Fresh air + movement = happy, tired kiddos!

Even when the weather is chilly, bundle up and get outside when you can. Active play during the day can help children settle down and sleep more soundly at night.

A Simple Bedtime Routine

Children often do best with a calm, predictable routine that happens in the same order each night.

Try this:

1. Bath & Brush

Give your child a bath and have them brush their teeth.

2. Pajamas

Put on those cozy pajamas!

3. Read Together

Read one or two books. This is a wonderful time to cuddle and connect.

4. Sing a Song

Sing a favorite song or lullaby together.

5. Lights Out!

Aim for bedtime between 7:00–8:00 PM.

Don't Forget the Weekends!

Try your best to keep a similar sleep schedule on the weekends.

It can be tempting to let children stay up much later on Friday or Saturday nights, but big changes in their schedule can make Monday mornings much harder.

Keep those devices put away before bedtime and stick with your calming nighttime routine as much as possible.

Give It 30 Days!

Try this routine consistently for 30 days and see how your child responds.

When children have a predictable bedtime, plenty of sleep, and time away from screens before bed, you may notice a child who is:

Calmer
More attentive
Happier
More ready to learn!

Most importantly, remember that you are helping your child build healthy habits that can benefit them for years to come.

Good luck, families! We would love to hear how things are going.

Coming Next Month...

October: Fostering Independence

We'll talk about ways we can help our kindergarteners become more confident, capable, and independent little learners!