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# A Letter to Families About Sleeping and Resting

Dear Families,

Every young child needs enough sleep during the day and at night for healthy growth and development. When children are rested, they enjoy and benefit from learning opportunities throughout the day. I want to know about your child's sleeping routines and habits at home. Sharing information will help me make sure that the sleeping routine I follow is consistent with what you do at home.

Here are some ways for us to work together:

- **Let me know your child's preferences.** It helps me understand what works and doesn't work at home. Are there special lullabies or words your child is used to hearing at bedtime? Do you read a story before your child goes to sleep?
- **Bring special items that comfort your child.** If your child has a special blanket or another object that makes falling asleep easier, please bring it. Please label it with your child's name and make sure I have it every day. We'll be careful not to lose it, and I'll help you remember to take it home at night.
- **Keep me informed about changes in your child's sleeping patterns.** Of course your child's sleeping patterns will change as he or she gets older. Let's coordinate changes, whether your child is making the big move from a crib to a bed or is no longer taking a morning nap.
- **Let me know if your child didn't sleep well the night before.** That way, I won't be surprised if your child is grumpy or sleepy. I can make changes in our schedule or activities if your child needs an earlier or longer nap. I'll let you know when and for how long your child naps each day here so you can adapt your evening plans, too.
- **Put your baby to sleep on his or her back.** This is a recommendation of the American Academy of Pediatrics and other national organizations to help prevent Sudden Infant Death Syndrome or SIDS (also known as *crib death*). Check their Web sites or ask me for information about "Back to Sleep" and what else you can do to reduce the risk of SIDS.

Together, we can make sleeping and resting a pleasant experience for your child.

Sincerely,

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