

# PARENT TALK

## Tips of the week from Judge Baker Children's Center

We hear you. Getting through the week without school and our usual routines is just as tough for parents as it is for kids. **Judge Baker Children's Center** is here for you with helpful advice from our expert clinicians...and you, our parents!

### Tip of the Week from our Clinician

“ **Getting a good night's sleep is essential for everyone's well-being.**

Screens can activate us and get in the way of a good night's sleep. One hour before bedtime, caregivers might consider replacing screen activities with reading, drawing, writing, crossword puzzles, and word searches.”



Scott Greenspan, MS  
Doctoral Psychology Intern

This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group at our Center for Effective Child Therapy. Contact us [here](#).

## SLEEP HYGIENE

IMPROVING YOUR MOOD, MAINTAINING YOUR SANITY

**THE BASICS OF SLEEP**

<b>WHO</b>  Everyone in your family, adults and children alike, will benefit from improved sleep hygiene	<b>WHAT</b>  Sleep hygiene includes behaviors that will help you and your child fall asleep and stay asleep for a better quality sleep every night
<b>WHY</b>  Sleep impacts mood	<b>HOW</b>  Establish a consistent bedtime routine and sleep schedule
 Sleep affects behavior	 Limit screens at night (stop at least 1 hour before bed)
 Sleep changes quality of life	 Create a soothing bedroom environment (e.g., cool, dark room)

[Click here to read our past Parent Talk Newsletters](#)

## Parent Tip of the Week

Christina and Blake are the parents to 5-year-old Charlotte and 4-year-old Ben. Christina's interview with *Parent Talk* was all about the importance of spending quality time outdoors, especially as the weather gets warmer. She often brings Charlotte and Ben on hikes on sunny afternoons, letting them lead the way on an exploration. Christina said, "**Something that helps my kids a lot when they're feeling anxious is packing some food and going on a picnic.** They run around and get fresh air amongst the trees and when we're done, they're in much better moods. **Plus, they love the idea of eating food outside instead of at the table.**"



Want to try a family picnic this week? [Check out these simple picnic recipes your kids will love.](#)

Christina also suggested introducing your children to gardening during the early summer months. "**We have a garden on our balcony and my son, who's on the spectrum, definitely finds it soothing to water the plants and nurture them.**"

[Here are some great steps on creating a kid-friendly garden for the whole family.](#)

Thank you for the tips, Christina and Blake, enjoy the sun!



The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to [Cassie Poirier](#) so we can share them with other parents and caregivers.

## Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

### Tip of the week

The complexities and challenges of parenting during COVID-19 are growing as summer vacation begins. [This article](#) is a great resource for tips on keeping your child busy during the summer months of COVID-19.