



Training Instructions

Healthy Sleep: Birth to 12 Years

1 Training Hour

LEARNING OBJECTIVES

- Recognize the characteristics of quality sleep or rest environments in child care
- Examine the biological factors of sleep
- Identify the different sleep needs across developmental stages
- Examine the difference between typical sleep issues and concerns

MATERIALS

Training hours will post to your Training Log after completing all steps (1 through 8) for this training. The completion date reflected on your Training Log will be the date the Training Office received your Training Quiz. Receive 1 training hour when the quiz has processed.

1. Training Video:
 - a. *Healthy Sleep: Birth to 12 Years*
2. Supporting articles:
 - a. Creating an Environment for Safe and Healthy Sleep in Child Care Programs
 - b. Healthy Children are Ready to Learn
 - c. Just Breathe: The Importance of Meditation Breaks for Kids
3. Handouts:
 - a. Training Quiz
 - b. Checklist of Practices
 - c. Sleep Guidelines
 - d. Temperament Assessment
 - e. IdahoSTARS Training Office Cover Sheet

INSTRUCTIONS

Step 1: Review Training Instructions

Step 2: Watch Training Video, *Health Sleep: Birth to 12 Years*

Step 3: Review supporting articles and Sleep Guidelines handout

Step 4: Review reflective questions below

Please take a moment to consider these questions or situations and how you might respond.

- Consider how the child care setting you work in is different from individual children's homes. How do you think the activity level, noise level, and individual attention differs?
- If a child attending your program is accustomed to napping on a different schedule than your daily routine, how can you adapt to accommodate their needs while maintaining consistency for the other children?
- A family might request that you practice something that you know does not align with safe sleep practices, examples might include:
 - Having a baby sleep in a car seat or swing
 - Putting a baby to bed with a sleep positioner
 - Not allowing a child to sleep so they don't stay up too late in the evening

How could you address this with the family that is sensitive to them while maintaining best health and safety practices for sleep?

Step 5: Complete Training Quiz

Submit Training Quiz and Cover Sheet to the IdahoSTARS Training Office for review

Mail to: IdahoSTARS Training Office

Center on Disabilities and Human
Development University of Idaho
1187 Alturas Drive
Moscow, ID 83843-8331

Email to: idahostars@uidaho.edu

Step 6: Complete temperament activity using the Temperament Assessment handout

Complete the Temperament Assessment keeping in mind a child in your care or that you know well. Consider how their temperament traits might affect their sleep behaviors and compare that to the temperament traits identified on the assessment.

- For example, does the child wake up slowly and need time to adjust, or do they wake up ready for the next activity?
- Does the child have difficulty calming their body to rest, or do they lay down fall asleep easily?

Step 7: Review Checklist of Practice training handout

Identify 2 items from the Checklist of Practices which you marked as "sometimes" or "not yet" which you would like to pay more attention to.

- Make a plan for how you can begin to implement those. Identify barriers to those practices and actions to address them.

Step 8: Complete the Evaluation through your [provider account](#)

Additional Training Information

IDAHO EARLY LEARNING EGUIDELINES

The Idaho Early Learning eGuidelines emphasize the importance of following current recommended practices for supporting safe and healthy environments. These strategies are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).