

## How To Help Kids Go To Sleep

- **S-** Something for the **S**kin: deep pressure (deep, slow rubbing; lotion; joint compressions).
- **L-** Limited Exercise (one hour before bed).
- **E-** Eyes (Many slow colors, Lavalamp, Slow changing color lights).
- **E-** Ears (CD- nature; gentle, slow music- low, slow, no drum)
- **P-** Protein snack (1/2 hour before bedtime: oatmeal, cheerios, eggs, fish, cheese, yogurt, meat).

Start a consistent, predictable bedtime routine (bath, jammies, protein snack, read books, brush teeth, climb in bed, mom rubs back for 2 minutes, music and nightlight on, big light out- goodnight).

### **Bed Wetting**

- DVAP supplement helps

### **Teeth Grinding**

- Magnesium Deficiency (give tablets supplement along with zinc and calcium; nuts, meats)

### **Sweating**

- Often indicates dehydration (give more fluids)

Information taken from Sensory Processing Disorder conference presented by Dr. John F. Taylor, PH. D.