



TIP OF THE MONTH

As the weather gets warmer and days get longer, its often hard for our children to stick to the routines necessary for them to get to sleep on time. Pediatric Potential's Founder Laurie Kalb offers these tips for helping your child reconcile the desire to spend time outside with the need to move on:

"Try to establish a routine for bedtime--and stick with it. If using a planning white board or chart will help your child, it is a great way to review what they need to do before settling into bed. Quiet time, soft lights, sometimes egg-crate under the fitted sheet, and flashlight under the covers, can help the revved up child slow down."