




	Mon	Tues	Wed	Th	Fri	Sat	Sun
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(time) \_\_\_\_\_ Unwind Before Bed


<b>Take a bath</b> 							
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<b>Put pajamas on</b> 							
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<b>Have an evening snack</b> 							
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(time) \_\_\_\_\_ Get Ready For Bed

<b>Brush Teeth</b> 							
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<b>Read</b> 							
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(time) \_\_\_\_\_ Go To Bed



# BONESHAKER

do what moves you

## *Guide to Resting, Sleeping & Being Ready for Everyday!*

WebMD Health and Parenting Guide offers sleep guidelines that parents may find useful and even surprising:

Child's Age	Recommended Hours of Sleep	In Reality
4-12 Months Old	11 - 15 hours per day	most infants get only about 12 hours sleep
1-3 Years Old	12 - 14 hours per day	toddlers typically get only about 10 hours
3-6 Years Old	10 - 12 hours per day	these children usually get less than 10 hours of sleep
7-12 Years Old	10 - 11 hours per day	the average for this age group is only about 9 hours
12-18 Years Old	9 - 10 hours per day	most are averaging 7.5 hours

*To be fit and strong, you need a good night's sleep!*

*Follow the guide and make sure you're getting plenty of sleep every night.*