

tip of the week

It seems like the more I have to do, the more cranky my child becomes. What can I do to help him relax?



Preschoolers who don't get enough sleep are usually more likely to be tense and also to throw temper tantrums. (We rather suspect that's true for adults, too!) In general, young children need 11 to 13 hours of rest daily. Putting your child to bed earlier may help him or her become more relaxed.

Even when your child isn't sleepy but seems tense or cranky, take a cue from your child's behavior. Block out 15 minutes to lie down or snuggle on the sofa together. Restful time in a quiet place will recharge you both!

