

COMMUNITY RESOURCES FOR PEDIATRIC SLEEP, PARENTING, AND/OR MENTAL HEALTH

Birth and Babies AHS courses (www.birthandbabies.com)

- **Sleep Like a Baby:** For expectant parents or parents of babies under three months. Come to learn about normal newborn sleeping patterns, parents' expectations about sleep, how to handle feeling exhausted and where to find resources.
- **Sleep Workshop for Tired Parents:** For parents of babies 6 to 12 months of age. Are your baby's sleep patterns not working for your family? Come learn about normal sleep pattern development and cues, realistic expectations about night and nap time sleep, various strategies for changing the baby's sleep habits and more!

Primary Care Networks (<https://www.calgaryareadocs.com/what-primary-care-network>)

- Primary Care Networks consist of groups of family doctors and other health professionals who work together to develop programs and services designed to meet every day needs (e.g., nutrition, exercise, sleep, pain management, etc.)
- Family physicians who are a part of these networks can refer patients to these free programs available throughout Calgary and area.
- Psychologists and Social Workers are available in most of these networks for free counselling for a variety of emotional, psychological, and/or behavioral issues

Private Practice Psychologists

- Current lists of psychologists across Alberta with expertise in sleep and other areas can be found on the following websites:
- Psychology Today Therapists: <http://www.psychologytoday.com/alberta/therapists>
- Psychology Association of Alberta - click on "Referral Search" button on the top left: <https://www.psychologistsassociation.ab.ca/>

Parent Link Centers:

- These centers are available throughout Alberta and offer a wide variety of programs (free and registered) for parents with children of all ages. Some of these programs include, but are not limited to, the Circle of Security parenting program, Triple P Parenting, and workshops for single parents:
- **Calgary:** <http://www.weconnectyou.ca/>
- **Airdrie:** <https://www.frfp.ca/parents-resources/community-resources/parent-link-centres.htm>
- **High River:** <https://www.highriver.ca/parent-link-centre/>

Calgary Public Library:

- Various registered parenting programs are offered by the library for free throughout the year. Registration is limited, but an excellent way to access programs like the Circle of Security that is usually scheduled as a one-time session about 4 times per year.

ACCESS MENTAL HEALTH (403) 943-1500

- Self-referral and/or physician referrals accepted. After completing an intake over the phone, patient will be triaged to an AHS clinic in their area for individual and/or group counselling from a psychologist, psychiatrist, social worker, or mental health therapist

INDIVIDUAL & GROUP COUNSELING/THERAPY: Community resources outside of AHS that are privately funded, largely via donations and/or operating on a sliding scale to pay for services

- Calgary Counselling Centre (403) 691-5991
- Calgary Family Therapy Centre (<https://www.familytherapy.org>) (403) 802-1680
- Calgary Catholic Family Services (403) 233-2360
- Calgary Jewish Family Services (403) 287-3510
- Eastside Family Centre (walk-in counseling) (403) 299-9696
- Westside Family Centre (walk-in counseling) (403) 288-3313
- University of Calgary Psychology Clinic (available Fall 2018) (403) 220-7731

CRISIS SERVICES: Distress Centre (403) 266-1601 (24 hours non-profit social agency. Services range from supporting callers over the phone during moments of crisis, to providing in-person counselling and resource referrals, including to emergency response teams below)

- Kid's Help Phone (24 hours) 1 (800) 668-6868
- Teen Line (403) 264-8336
- Emergency Social Service Response Team (SSRT) (403) 297-2995
- Woods Community Resource Team (CRT) (403) 299-9699
- Alberta Children's Hospital Emergency Department (403) 955-7211

PARENTING PROGRAMS:

- Children's Link Society (service info for families) (403) 230-9158
- COMPASS; in home support to 12 yrs (403) 264-3440
- Parent Resource Line (403) 205-5189
- CARYA Calgary (403) 269-9888
- Families Matter (403) 205-5178

SELF-HELP RESOURCES FOR MANAGING SLEEP, BEHAVIORAL, AND EMOTIONAL PROBLEMS IN CHILDHOOD AND ADOLESCENCE

Web Resources:

Alberta Health Services Information for Parents covering a wide variety of topics:

<https://www.albertahealthservices.ca/info/parents.aspx>

Alberta Health Services website with tips on sleep and other areas of development. Videos and additional information on sleep are also offered:

<http://www.healthyparentshealthychildren.ca/>

Dr. Craig Canapari is a Pediatric Sleep Physician at Yale working to improve sleep of parents and children. He keeps a blog updated regularly with excellent information on how to help children get a better sleep. He also responds to questions regularly:

<https://drcraigcanapari.com/>

Circle of Security is an evidence-based program designed to help parents form a secure attachment relationship with their children. Parents can also access information about the program and how to implement the strategies on their own online:

<https://www.circleofsecurityinternational.com/for-parents>

Zero to Three offers excellent evidence-based resources and information for parents. It covers a wide range of topics about development of infants and toddlers:

<https://www.zerotothree.org/>

Lives in the Balance offers excellent information about parenting strong-willed children. Numerous free resources are available on this website that guide parents on how to approach their child's challenging behaviors, while also maintaining a secure attachment with them:

<http://www.livesinthebalance.org>

Cognitive Behavioral Therapy for Insomnia: Self-directed online CBT program specifically for insomnia. Better suited for mature patients (e.g., ages 17 +). <https://www.cbtforinsomnia.com/>

Books on Sleep:

Sleeping Through the Night: How Infants, Toddlers and their Parents Can Get a Good Night's Sleep – Jodi Mindell, 2005

Take Charge of Your Child's Sleep: The All in One Resource for Solving Sleep Problems in Kids and Teens - Jodi Mindell, 2005

Healthy Sleep Habits, Happy Child - Marc Weisbluth, 2003

The No Cry Sleep Solution – Elizabeth Pantley, 2002

Books on Parenting:

Raising a Secure Child – Hoffman, Cooper, & Powell, 2017

No Drama Discipline – Daniel Siegel & Tina Payne Bryson, 2014

The Explosive Child – Ross Greene, 2014

UNDERSTANDING TYPICAL SLEEP PATTERNS: FOR PARENTS AND CHILDREN

Adapted from "A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems", 2nd ed., by Mindell JA & Owens JA (2010); "Healthy Sleep Habits, Happy Child", by Weisbluth, M (2003); and the American Academy of Sleep Science.

Infants (up to 1 year)

0-4 months

- Newborns sleep 16-17 hours a day for the first week and then reduce to about 15-16 hours up to 4 months of age; Young babies can only handle about 1-2 hours awake.
- **Parent's job:** In the first 4 months, the parents' job is to be attuned to signs of sleepiness and soothe the baby to sleep at those times.

4-12 months

- Most babies have a morning and afternoon nap with their longest period of sleep occurring at night. Consistent nap and bedtimes are essential at this age to establish a healthy sleep rhythm. Most babies this age sleep 12 to 16 hours total per 24 hour cycle.
- Morning nap may disappear closer to 12 months, but an afternoon nap will continue.
- **Parent's job:** at 5-12 month olds, establish a schedule with the same nap and bedtimes each day, aim to have baby in bed when becoming drowsy, but not overtired.
 - o Put baby to bed drowsy but awake. This will help them fall back asleep on their own when they awaken at night (all babies wake naturally throughout the night).

Signs of drowsiness in infants:

Decreased activity and slower motions; Less vocal, quieter, calmer; Less interested in surroundings; Sucking is weaker or slower; Eyes less focused; Eyelids drooping; Yawning.

Fatigue Signs – baby is getting overtired

Fussing; Rubbing eyes; Irritable, cranky.

Toddlers (ages 1-2)

- Children 1 to 2 years should sleep 11 to 14 hours per 24 hour cycle (including naps)
- By 18 months, most are transitioning from 2 to 1 nap per day
- It is normal for sleep at this age to be disrupted by illness, changes in routine, or other events that are stressful for the child
- Separation anxiety is normal and can disrupt toddlers sleep; A security object that the child has become attached to may help him/her feel more relaxed at bedtime/overnight

Toddlers need:

- **Consistency!** Including in their nap/bed time schedules; bedtime routines (i.e., calm and enjoyable activities like bath, stories, cuddles); bedroom environment (i.e., quiet, cool, dark/nightlight).
- **Limits!** It is essential to set clear limits and stay within them, such as how many books you will read – important when toddlers attempt to stall at bedtime.

Preschoolers (ages 3-5)

- Preschoolers need 10 to 13 hours of sleep per 24 hour cycle (including naps). Most stop taking naps between 3 to 5 years of age.
- Sleep problems are common at this age, including nighttime fears and nightmares.
- Sleep walking and sleep terrors often first appear during preschool years. These are not harmful and your child is unlikely to remember the events by morning.
 - o **Parent's Job:** Do not wake your child up, as these events usually resolve on their own within a few minutes. Ensure your child is physically safe from accident.
- All children wake briefly at night, though most go back to sleep on their own.
 - o Those who struggle may not have learned how to fall asleep on their own at bedtime without the help of a parent.

Preschoolers Need:

- A regular sleep schedule to obtain adequate sleep, avoiding bedtimes after 9pm
- Maintain a consistent bedtime routine with relaxing activities, avoiding use of electronics for 1 hour before bed
- A soothing sleep environment (i.e., comfortable, dark, cool, quiet); a nightlight is fine

School Age Children (ages 6-12)

- School-age children need between 9 and 12 hours of sleep per 24 hour cycle.
- Sleep problems are common and include difficulties falling/staying asleep, sleepwalking, sleep terrors, teeth grinding, nighttime fears, nightmares, bedwetting, snoring, and noisy breathing.
- Signs your child may not be getting enough sleep: moodiness, behavior problems, poor thinking skills, dozing off, and weight problems.

School-Aged Children Need:

- Make sleep a priority: ensure your child is not over-committed to extra-curricular and school obligations that interfere with obtaining adequate sleep.
- Set limits; turn off electronics; avoid caffeine.
- Maintain a consistent sleep schedule, bedtime routine, and soothing sleep environment.

Adolescents (age 13-17)

- Adolescents need between 8 to 10 hours of sleep per 24 hour cycle.
- Many of the above principles also apply to teens. To further help adolescents 'invite' sleep, stay asleep, and ensure they get enough sleep, the following may be helpful:
 - o Consistent wake/sleep schedule, even on the weekends.
 - o If you must nap, limit it to 30 to 45 minutes in the early afternoon.
 - o Get enough sunlight, with time spent outside, and engage in exercise regularly.
 - o Keep electronics out of the bedroom; avoid doing homework in bed.
 - o Avoid caffeine after 2pm, alcohol, drugs, smoking, and sleeping pills.