

Winter 2021



# The Parent Line

## Why is Sleep BEARy Important?

Ever get that rejuvenated, relaxed, and brightening feeling after getting a good night of rest? Ever wonder why some types of bears sleep, or go into hibernation most of winter? Just like humans, bears use sleep as a survival method. Although not for the same exact reason as humans, bears go into hibernation because of how difficult it is to find food during the winter.



Sleep, as many of us know is an important part of a healthy lifestyle and is considered food for the brain. Without it, most people are unable to feel, think and perform their absolute best. Studies from Psychology Today suggest that a 2-year-old requires up to 14 hours of sleep a night, and a 9-year-old as much as 12, while a middle-aged adult should function well with eight. Now this is not nearly as long as bears during the cold winter, but it is important to understand how and why sleep is essential for healthy development from infant to even adults.

How do you feel when you don't get a good night of rest? Do you feel groggy, more irritable, and experience lower energy throughout the day? Studies have shown that losing just a couple hours of sleep at night can make a person angrier and have a more difficult time coping with situations that may be frustrating. Studies have also shown that children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity, and even depression.

If your child has a tough time getting to sleep or having trouble staying asleep, here are some tips that might help:

- Establish a consistent bedtime routine
- Dim the lights
- Stop use of electronics/screens at least an hour before bedtime
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake-up time for when the child is allowed to leave their room. The child can play quietly until that time is desired



**For more information on this topic, or other parenting support, please contact The Parent Line at (808) 526-1222 or toll-free at 1-800-816-1222.**

## Special Days to Remember

November 11 – Veteran's Day  
November 25 – Thanksgiving  
November 29 – Hannukah

December 7 – Pearl Harbor Remembrance Day  
December 25 – Christmas Day

January 1 – New Year's Day  
January 17 – Martin Luther King, Jr. Day



### February is National Parent Leadership Month!

February 1 – Chinese New Year  
February 14 – Valentine's Day  
February 21 – President's Day



## DIY Melted Snowman Tea Light Ornament

### Supplies:

Tea Light, Brown Pipe Cleaners, Black Sharpie, Hot Glue Gun, Glue, Scissors, Ribbon, Buttons

### Directions:

- Take your scissors and cardboard, then cut out a melted puddle shape
- Cut out a small hole on the cardboard where your tea light will be glued to. This way you can switch the tea light on and off as you please.
- Paint your cardboard with white acrylic paint.
- Take a hot glue gun (have an adult do this) and hot glue the tea light to your card board. Make sure to match it up to the hole for the switch on the bottom of the light.
- Take your black felt and cut out a small hat, then glue it onto your tea light.
- Using your black sharpie, you can draw in the dots for the eyes and mouth.
- Then take some holiday ribbon and glue on a scarf that wraps around the tea light.



- Glue the buttons in random places around the melted snowman (onto the cardboard).
- Take your brown pipe cleaner and glue on some snowman hands onto your cardboard.
- Glue on a string on the back and hang your snowman from the tree!

## Spotlight on Safety

With Christmas around the corner and gifts to be bought, here are a few tips on **Toy Safety** and what to keep in mind when buying a toy for our keiki:

- Select toys suitable for the child's age, abilities, skills and interest level
- Read instructions carefully before allowing your child to play with their new toy
- Children under the age of 3 cannot have parts less than 1.25 inches in diameter and 2.25 inches long, per government regulations
- Children under the age of 8 can choke or suffocate on deflated or broken balloons
- Button batteries and magnets can be very dangerous for children and if swallowed, can result in serious stomach, intestinal problems, and possibly death
- Don't give a toy that must be plugged into an electrical outlet to children under the age of 10; instead buy toys that are battery operated
- Remove tags, strings and ribbons from toys
- Watch for strings and straps that are more than 12 inches in length, as they could be a strangulation hazard
- Be careful of holiday gift wrapping, as these items can also cause suffocation, strangulation and choking



Check the Consumer Product Safety Commission website for any recalls on toys by visiting [CPSC.gov](http://CPSC.gov).

## Suggested Readings

### Around the Table That Grandad Built

By: Melanie Heuiser Hill

### Mistletoe: A Christmas Story

By: Tad Hills



### No More Naps!

By: Chris Grabenstein

### A Bear is a Bear (Except When He's Not)

By: Karl Newson

### Wide-awake Bear

By: Pat Zietlow Miller



Recommended by Hawai'i State Library Librarian, Donna Tokumaru. Mahalo!