

year-old, 12 hours; 6-10, 11 hours; 11-12, 10-11 hours; 13-15, 9½ to 10 hours. These figures can be varied an hour or so either way. In practice, sleeping hours should be checked against signs of fatigue.

Studies have found that fatigue or lack of sleep has been responsible for more failures in school than from any other cause says the council.

Some families can work out a bedtime schedule by staggering the bedtimes so as to provide each child with a proper amount of sleeping time. Children may be expected to go to bed more willingly on school nights if they are permitted to stay up a half to one hour later on Friday or Saturday nights.

Exciting experiences for the high-strung child should be avoided whenever possible. He needs more frequent rest periods than a placid child. These periods need not be long—ten minutes before lunch or after, or before dinner—but they should furnish an opportunity for real relaxation. A warm bath before dinner; certain exercises and quieting games are also helpful before mealtimes at other times when needed.

A quiet period should precede the bed hour, says the council. Listening to good music; five or ten minutes of talking quietly to him after he is tucked into bed; a comfortable bed in a room with adequate fresh air, reasonably quiet and dark as possible, are factors to send him off to sleep. A child must feel confident in the dark, free from fear and secure if he is going to get sufficient rest, concludes the council.



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no smeary stuff

no drippy liquid



dry longer

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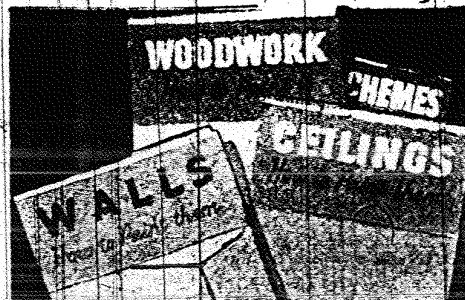
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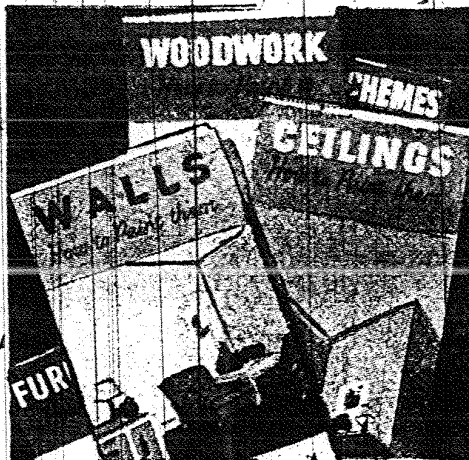
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