

Did You Know...



Our Kindergarten day is very busy and quite tiring for our little friends! Many children do not get the sleep they need. Please make sure that your child gets the sleep he or she will need for such a busy schedule.

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