



TREETOP TALK



**Anna Shaw
Children's Institute**

May 2022

Our Video Library is available on our website! Our library includes all webinars, Reading Around the Tree videos, and Music in the Treetops videos. To access this library, please [click here](#).

Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

May is Better Sleep Month

May is better sleep month. Sleep disturbance in children is a complex issue for many families. Parents and children both need and desire sleep. Sleep is considered as important as nutrition and physical activity. Children who get enough sleep have a healthier immune system, better school performance, fewer behavioral issues, improved memory, and improved mental health. Children (and adults) who experience regular sleep deprivation often have health issues such as irritability, difficulty concentrating, hypertension, obesity, headaches, and depression.

Here are some tips to help your child sleep well:

- Establish a bedtime routine
- Create a sleep-supportive environment
- Avoid exposure to screens
- Maintain regular sleep and wake times daily

BEDTIME ROUTINE

Remember the 3 B's of bedtime routine:

- Brush Teeth
- Read a book together
- Then get in bed
- Consistency is the key to success.

CREATE A SLEEP-SUPPORTIVE ENVIRONMENT

Dim the lights before bedtime and control the temperature in the home. Don't fill your child's bed with toys. Keep your child's bed a place to sleep instead of a place to play. Let the child select one or two things to take to bed in order to ease separation anxiety.

Babies should sleep on a firm flat surface without pillows, blankets, or soft objects. Babies can be dressed in sleep clothing such as wearable blankets. Do not let your baby sleep with a bottle. ALWAYS put babies on their backs to sleep. <https://safetosleep.nichd.nih.gov/resources/caregivers/environment/look>

AVOID EXPOSURE TO SCREENS

The American Academy of Pediatrics recommends avoiding exposure to screens for at least one hour before bed.

Screens emit blue light, which sends a strong signal to the brain that it is daytime and time to get up. Blue light has a short wavelength that affects the levels of melatonin in our bodies and can wreak havoc on our body's natural melatonin production.

Cell phones, TV, tablets, etc., all emit blue light.

TV should not be on in the room before bedtime. Consider substituting a noise machine with soothing music or sounds to assist in sleeping.

MAINTAIN REGULAR SLEEP AND WAKE TIMES DAILY

Shifting schedules for weekdays and weekends can be difficult. It makes it hard to get back in a rhythm for school days. Set a regular bedtime and wake-up time regardless of the day.

Be consistent!

Many children with autism have significant issues with sleep. [Please click here for more information on improving sleep habits in children with autism.](#)

Thank you to Nancy Carnevale, MD, Medical Director of Anna Shaw Children's Institute, for her contribution to this newsletter. [Please click here to watch her complete talk "Solving your Child's Sleep Problems."](#)



7th Annual
NORTH GEORGIA  **AUTISM CONFERENCE**

SAVE the
 **DATE**

FRIDAY, OCTOBER 28, 2022

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway
(formerly 2211 Dug Gap Battle Rd)
Dalton, GA 30720

KEYNOTE SPEAKER

Haley Moss, Esq.



Attorney, advocate,
thought leader, author, and speaker
haleymoss.com

**REGISTRATION FOR 2022
COMING THIS SUMMER!**

Hosted by:



The 7th Annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals. Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.

More information to follow. For questions, please contact Lindsey Coker at lcoker@hhcs.org

[For more information about Anna Shaw Children's Institute, please visit our website by clicking here.](#)

Parent Support Group



The Parent Support Group meets the second Tuesday of each month at 6:30pm.

All parents, grandparents, guardians, and other family members of children with special needs are invited to take part in this parent-led Parent Support Group. (Your child does not have to be a patient of Anna Shaw Children's Institute).

Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.

- CHILDREN ARE WELCOME
- CHILDCARE IS PROVIDED
- FREE PIZZA, DRINKS, AND A FUN ACTIVITY

Southern Magnolia room on the lower level
Anna Shaw Children's Institute
1201 Burleyson Road
Dalton, Georgia

To ensure we have plenty of pizza for families,
please **RSVP** by calling
📞 **706.226.8911**



Anna Shaw
Children's Institute

HamiltonHealth.com/children



Anna Shaw
Children's Institute

GRUPO DE APOYO PARA PADRES LATINOS

Todos los padres, abuelos, guardianes, y otros miembros de la familia de niños con necesidades especiales están invitados a tomar parte en un grupo de apoyo para padres, dirigido por los padres.

Anna Shaw Children's Institute se apega a las guías de seguridad y recomendaciones de distanciamiento social de la CDC.



Anna Shaw Children's Institute
Southern Magnolia Room • Primer Piso

1201 Burleyson Road
Dalton, Georgia

**SEGUNDO VIERNES
DE CADA MES**

8:30 - 10:00 am



HamiltonHealth.com/children



Anna Shaw
Children's Institute

LATINO PARENT SUPPORT GROUP

All parents, grandparents, guardians, and other family members of children with special needs are invited to take part in a parent-led Parent Support Group.

Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.



Anna Shaw Children's Institute
Southern Magnolia Room • 1st Floor

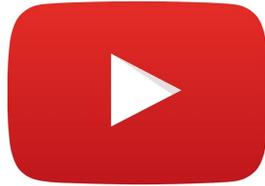
1201 Burleyson Road
Dalton, Georgia

**SECOND FRIDAY OF
EACH MONTH**

8:30 - 10:00 am



HamiltonHealth.com/children



[Click Here](#) to Watch a Heartwarming Video from Anna Shaw Children's Institute

Find out MORE

<https://www.nationaldisabilityinstitute.org/press/march-is-developmental-disabilities-awareness-month/>

Anna Shaw Children's Institute | 706.226.8900 | HamiltonHealth.com/children

See what's happening on our social sites:

