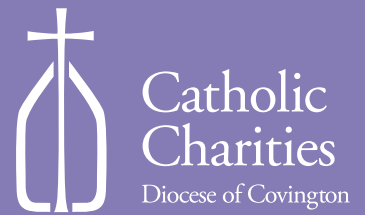


# Family Values

Great Ideas For Modern Parents | Back to School 2016



## Importance of sleep for school success

Sleep can effect mood, concentration, and performance which are all expectations for students during a school day. When a child comes to school tired those simple daily tasks can become more difficult. Controlling emotions can be a challenge, and the child can appear apathetic or uninterested. School nights require a routine that allows your child plenty of sleep, and while it can be difficult to rid the summer habits, it is vital to your child's success to do so.

According to the Nationwide Children's Hospital there are many things parents can do to help teach and instill healthy sleep habits for children such as:

- Develop a regular sleep schedule. Your child should go to bed and wake up at about the same time each day.
- Maintain a consistent bedtime routine. School-aged children continue to benefit from a bedtime routine that is the same every night and includes calm and enjoyable activities. Including one-on-one time with a parent is helpful in maintaining communication with your child and having a clear connection every day.
- Set up a soothing sleep environment. Make sure your child's bedroom is comfortable, dark, cool, and quiet. A nightlight is fine; a television is not.
- Set limits. If your school-aged child stalls at bedtime, be sure to set clear limits, such as what time lights must be turned off and how many bedtime stories you will read.
- Turn off televisions, computers, and radios. Television viewing, computer-game playing, internet use, and other stimulating activities at bedtime will cause sleep problems.
- Avoid caffeine. Caffeine can be found in sodas, coffee-based products, iced tea, and many other substances.

With busy life styles, you should expect some late nights. Do your best as a family to make those the exception to your week. The CDC recommends preschool children get 11-12 hours a night, school-aged children at least 10, and teens 9-10 hours of sleep. Make sufficient sleep a priority for all family members. If you recognize ongoing sleep problems discuss this with your child's pediatrician or mental health provider.

*Extend a hand. Change a life.*



*Charity* Community healing *HOPE* Education compassion

# Group Education and Support

To register for any program contact Client Care at 859.581.8974 Monday–Friday 9am–5pm.

## Family Wellness Classes

A lively, interactive curriculum that teaches parents the skills they need to raise their children successfully and builds on existing strengths. Each session teaches skills that can be used right away. This program is offered through Stronger Together, a partnership of the Northern Kentucky Community Action Commission and the Women's Crisis Center. No charge.

Parenting classes are ongoing starting every four weeks. Contact Client Care for the next available class.

## NeighborWorks

*Realizing the American Dream*

Homebuyer Education Class

*One Day Class from 9am to 5pm Can Help!*

Saturday, November 12

Saturday, December 3

Learn how to buy a home! Certified housing counselors will walk you through the process, answer questions, and give you the information you need to realize the dream of homeownership. Registration required, but class is free! Class meets from 9am to 5pm. Lunch is provided.

## Human Trafficking—Victim Advocacy

Free Training Sessions are available for ANYONE who is interested in learning more about local human trafficking, equipping professionals, community members, and students to identify and respond to human trafficking in their neighborhoods.

Concerned about potential victims? Want to schedule a training? Contact Lisa Ramstetter at Catholic Charities, 859.581.8974 or Lramstetter@archlou.org.

## FREE SUPPORT GROUPS

### Parents of Addicted Loved Ones (PAL)

PAL meets every Wednesday from 6:30-8:00pm at Catholic Charities, 3629 Church Street, Latonia, KY 41015. It provides education and support, at no charge, for parents. Contact Laura Jackson at 859.581.8974 or visit [www.covingtoncharities.org](http://www.covingtoncharities.org).

### Families of Incarcerated

Is someone you love separated from you and your family because he or she is incarcerated? You are welcome to attend our support group to listen and share stories, and to express needs. Resource people will be available to consult as the need arises. The group meets on the third Tuesday of the month at 7:00 p.m. at Catholic Charities. The group is free; no registration needed. For more information about our jail ministry program contact Maria Meyer at [mmeyer@covingtoncharities.org](mailto:mmeyer@covingtoncharities.org) or 859.581.8974.

## Individual, Marriage and Family Counseling

Counseling addresses emotional and relationship issues which impair personal and social functioning, and includes work with individuals, couples and families. Catholic Charities accepts many different insurance companies. Call Client Care.

## Parenting Talks and Workshops

A parenting educator is available to speak to your school or community group on a variety of topics. Call Anna Phillips at 859.581.8974.

## Foreclosure/Mortgage Delinquency Counseling

Catholic Charities offers foreclosure counseling and mortgage delinquency counseling at no charge. Call for an appointment.



**Catholic  
Charities**  
Diocese of Covington

3629 Church Street, Covington, KY 41015  
Phone 859.581.8974 | Fax 859.581.9595  
[www.covingtoncharities.org](http://www.covingtoncharities.org)

