



Links to Resources

Healthy Children: *Sleep Tips for Your Families Mental Health*

- <https://www.healthychildren.org/English/healthy-living/sleep/Pages/Sleep-and-Mental-Health.aspx>

Zero To Three: Infant Sleep Resources

- <https://www.zerotothree.org/espanol/sleep>

National Sleep Foundation:

Signs of Sleep Concerns in Teens

- <https://www.sleepfoundation.org/wp-content/uploads/2018/10/teensigns.pdf?x40151>

Tips for Teens

- <https://www.sleepfoundation.org/wp-content/uploads/2018/10/teenslips.pdf?x40151>

Sleep Diary for kids

- <http://www.sleepforkids.org/pdf/SleepDiary.pdf>

Zero to Three: *Mindfulness Practices for Families*

- <https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>

BHIPP Bulletin: *Treating Pediatric Sleep Problems with Melatonin*

- https://mailchi.mp/1712fd7f6e6a/bhipp_bulletin_november_2018