

# PlayRx Play Date

March 2025 - Healthy Sleeping Habits

## Staff Spotlight

This month's staff spotlight is Rachel Kamarunas - MOT, OTR/L. This month she is going to share about the importance of healthy sleeping habits. Rachel loves to spend the time God has given her to help others by serving children and their families. Rachel enjoys reading, her dogs, spending time with family, and makeup.



## Healthy Sleep Habits

Sleep is essential for children's growth, development, and overall well-being, as it supports brain function, emotional regulation, and physical health. Establishing a consistent bedtime routine helps children feel secure and signals their bodies that it's time to wind down. Poor sleep can impact a child's mood, behavior, attention, and academic performance, making healthy sleep habits crucial. If a child experiences frequent night wakings, restless sleeping, loud snoring, or excessive daytime sleepiness, a sleep study may be necessary to identify potential sleep disorders like sleep apnea or restless leg syndrome. Parents should consult a pediatrician if their child consistently struggles with sleep, as early intervention can prevent long-term issues. By prioritizing healthy sleep habits early on, parents can support their child's physical and mental well-being for years to come.

To develop a circadian rhythm, children should have a pretty regular sleep schedule. Prior to teenage years, a child's bedtime should be between 8:00 and 9:00pm

## Developmental Tips



## Play at home

## Ways to Improve Sleep at Home

- Keeping a regular bedtime
- Making the bedroom, and especially the mattress, a no-screen zone, even during the day
- Providing a healthy diet
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary
- Use a weighted blanket
- Use a grounding machine



## Fish Feeding

**What?** -Fish feeding time at Witt Stephens Nature Center.

**Where?**-Witt Stephens Jr. Central Arkansas Nature Center  
602 President Clinton Ave  
Little Rock AR 72201

**When?**-  
Wednesday, March 19, 2025  
2:00 pm - 2:30 pm

Play in the  
Community

## Community Events

### Hillcrest Farmers Market

**What?**- The Hillcrest Farmers' Market provides fresh, locally grown food and supports local growers. It is a great way for us to meet hundreds of shoppers and cultivate rich relationships. You'll find fresh vegetables and fruits, meat, cheese, baked goods, plants, flowers, jelly/jam, salsa, pickles and more.

**When?**- Saturday, March 15, 2025  
8:00 am - 11:00 am

**Where?**- Pulaski Heights Baptist Church  
2200 Kavanaugh Blvd  
Little Rock AR 7220

### Birthdays:

March 21: Cora Lentz

March 22: Sarah Clark

### Anniversaries:

March 21: Rachel Kamarunas- 3 years

Help Us  
Celebrate!

## PlayRx Resources



Learn more about our staff here: <https://www.playrxtherapy.com/our-staff/>

For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/>

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Resource Guide

