



## The WHALE Study Family Newsletter

October | 8<sup>th</sup> | 2021

### Good morning, moon

This lovely fall weather often brings chilly, darker mornings and the desire to stay under the covers and snooze the alarm. Some parents find it increasingly harder to motivate themselves and their child(ren) out of bed and out the door in a timely manner in the mornings. Here are some tips to make those mornings go smoother.

As you may know from previous newsletters, it's easier to maintain healthy habits when we have consistent, predictable routines. Our bodies also appreciate and adjust to schedules, even if they seem unpleasant at first. Preparing for a smoother morning may begin with evening routines the following night. Ensure your child (and you!) are going to sleep early enough to get the recommended hours (10-13 hours including naps for preschoolers; 9-12 hours for school-age children; 8-10 hours for teens; and at least 7 hours for adults according to the [CDC](#)). Young children may not notice if you give them earlier bedtimes as it gets dark earlier now, too. Short (30 minute) bedtime routines that encourage winding down the body (reading, reduced physical activity, no screens) and a quiet or calm, semi-dark environment can help promote sleep. Though it's tempting to sleep in, maintaining the same or similar routine on the weekends will help prevent rough transitions on Monday mornings.

You can also use the evenings to prepare for mornings. Some time-saving tricks to do the night before include making lunches, easy freezable or grab-and-go breakfasts, or having your child choose their outfit. Some challenges will remain, like encouraging your child to get out of bed or get ready. They may enjoy music to get them moving, learning to wake up independently with an alarm clock (some gradually get brighter, others "run away" and require chasing!), racing you/a sibling to get dressed, brushing their teeth with you, or getting a small reward (like a sticker) for being finished by a set time. Some children benefit from visual reminders of morning routines or stickers along the way. If you have the opposite concern of your child waking *too early*, consider an alarm that goes off when it's time to leave their room or let them to watch TV once they're ready for the day. Remember to praise your child when they take initiative on these morning tasks. Letting them know specifically what you appreciated about their behavior makes it more likely they'll do it again!

(Continued on page 2)

Check out the page below for **family routines** and **community resources**!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: [whalestudy@unc.edu](mailto:whalestudy@unc.edu) | 919-914-0588  
Find us on Twitter: [@circlelab\\_unc](#), Instagram: [circlelab\\_unc](#), and [Facebook](#)!  
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If you don't currently have a routine, you can build up to one slowly. Start by making one change at a time. Don't give up if you miss a day or it doesn't go well the first few times. Each day provides a fresh opportunity for growth.

## REMINDERS

**\*Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10! Email us at [whalestudy@unc.edu](mailto:whalestudy@unc.edu) or call/text us at 919-914-0588 with their information.\*

## FAMILY ROUTINE + COMMUNITY RESOURCES (CLICK BLUE LINKS)

- The benefits of family routines from [RaisingChildren.net](http://RaisingChildren.net) and [Aha! Parenting](http://Aha! Parenting)
- How to develop or make changes to family routines from [RaisingChildren.net](http://RaisingChildren.net)
- More suggestions to prepare for the end of daylight savings (coming November 7th this year!) from [Parents.com](http://Parents.com) and [NYTimes.com](http://NYTimes.com)

### HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
  - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

### FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

### HEALTH & SAFETY

- [Compass Center for Women and Families](#)
  - 919-929-7122
- [Durham Crisis Response Center](#)
  - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
  - 919-828-7501
- [Orange County Rape Crisis Center](#)
  - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
  - 919-967-8844 (Crisis Unit, Chapel Hill)
  - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

### CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

### LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)