



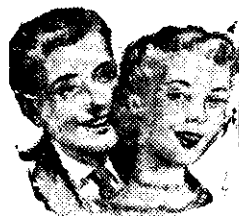
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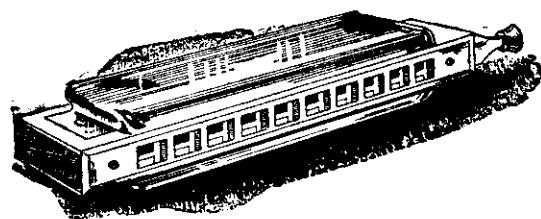
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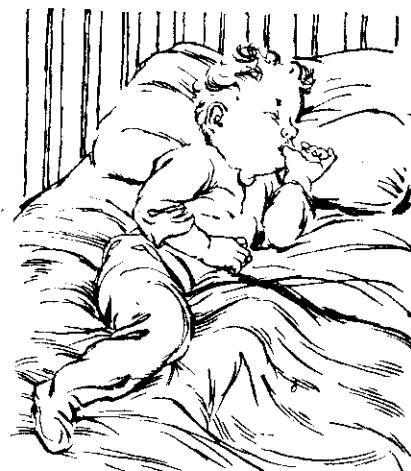
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A Good Sleeping Guide

NO two children are alike in their sleep requirements. Some get along nicely with very much less sleep than we think they should have; others seem to be real sleepyheads. Some toddlers are the plague of their mothers' lives. They simply will not go down for their morning or afternoon naps, but cry or call out or play instead of falling asleep. Do you need to worry about it? Baby or toddler will be getting enough sleep, by night and by day, when not getting as much as you expect or desire, if he is happy and growing nicely, and doesn't seem to become overtired and "scratchy" more than could be expected at his age.



This is the text of a talk on health broadcast recently from ZB, ZA, YA and YZ stations of the NZBS by DR H. B. TURBOTT, Deputy-Director-General of Health

It is not much good being other than philosophical about it, for you can't make a child go to sleep. Most parents know this from sad experience. A child falls to sleep when it will, and no amount of punishing or promising has any effect. A small child can keep anxious parents on the go most of the night, even though anyone can see he is dead tired and fighting against giving in and dropping off to sleep. The thing to recognise, then, is that falling off to sleep is a habit, and that all our efforts should be along the lines of making a pattern of going to sleep that avoids bad features.

For example, if you start staying beside a child until he goes to sleep, or lying beside him, you've had it! He will kick up a hullabaloo unless you do this every night. If a child cries on being put to bed, leave him to it. Don't start comforting him and coming back to see why he doesn't stop. He will keep you coming and fight against impending sleep because he thinks you will come once more—and again once more! If you pick him up to make sure he is comfortable, put him back at once. No arm rocking or patting, or he will cry for this in future. Little children often wake in the night, and most times re-settle on their own. If you go in every time he wakes, he learns to expect a visit and won't go to sleep until you do. So use your gumption! You can pick the cry of distress, surely, and respond to that one only.

When you are putting a child to bed it is quite all right to let him be a little autocrat. Teddy has to be put in a certain place, the window

opened just so! But once there he is expected to spend the night without undue attention. He soon realises this if you avoid the mistakes of over-anxiousness, and avoid popping in and out. Bedtime should be the same time each night, but be a sport and give a fellow a warning so that he is conditioned to giving up that terribly important bit of play in which he is absorbed. When the right time arrives don't give in to any pleas for extensions of time, or after the wash or bath. Story over, and the child in bed, the goodnight kiss should be the end for you. No going back because he cries, wants a drink of water, or wants anything else he can think of to get you back. No going back because he plays in his cot or bed—or he will perpetrate activity to force your return. You can slip back after he has fallen asleep and tuck the bedclothes nicely around him.

Little children find it hard to fall asleep if overtired, and also if not tired enough, as may happen with too much sleep in the day. Parents have to pick a course between these extremes. Being too hot is a common cause of sleeplessness, and beads of perspiration

are a sure sign for adjustment of bedclothes. Waking up in the night is not abnormal but commonplace in little children. They cry out for "mummy" because they have learnt to love and think always of her. Therefore, there is no naughtiness in calling you. Your task is not to respond at every call, so developing a bad custom, but only when really needed. The cry of pain, the scream of a night terror, is easily distinguished from the habit calling or crying out for mother. In these cases you must go, ease the first as best you can and reassure in the latter, after his bad dream. But in all normal waking in the night parents have to be careful not to create a rod for their own backs by responding to every call from little children.

TE MATA PEAK

*WE drove up a narrow road
Rounding limestone breasts,
Climbing turf-padded shoulders
Above the skirting trees.
Sun lightened those boulders
Long since lifted from the seas
To bear the bright sky's load.*

*Stopping at the last bend
We looked back over the slopes
To landscaped plains and sea.
Buttressed by the hills, the height
Gave viewpoint and safety;
A world laid out for our sight
And an easy road to descend.*

*Over at the top we looked round
And realised our position:
Up sheer curves of limestone
A wind rose from the river below.
Suddenly too high and alone
We must desperately go
In search of the level ground.*

—Jocelyn Henrici