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Tips from GoodNites® to Make Nighttime a Special Time

To celebrate new GoodNites® Sleep Boxers and Sleep Shorts, Judsen Culbreth, parenting expert and former editor-in-chief at *Working Mother* and *Parent&Child* magazines, offers parents the following tips to help every child have a good night's rest.

Routines Bring Sweet Dreams

◆ Reserve the Time

Consistent quality time spent with your children – even just minutes a day – helps you both unwind and reconnect from busy schedules. Select a time at night to turn off any distractions such as cell phones or computers to focus on your kids.

◆ Give Your Children Choices

Allow your children to have a say in their nighttime routines, making them more inclined to cooperate at night. Let them choose their pajamas, stuffed animals to sleep with and favorite bedtime stories.

◆ Set the Mood

Include a winding down period in your kids' nighttime routines. Try to get them to avoid video games, television or active play 30 minutes before bedtime. If your children have a difficult time settling down, let them know their bedtime is approaching 30 minutes ahead of time.

◆ Chart Their Progress

To ensure your children stay on task during their bedtime routines, create special charts. Illustrate or photograph each step of their routine and number them in the order your children prefer. Post the chart on your children's bedroom doors or walls, and let your kids place stickers on the charts after they've completed each task.

◆ Fear of the Dark

Help your kids feel secure by leaving a light on or putting nightlights throughout the house. Or, leave their bedroom door open at night so they feel closer to you.

◆ Monster Squad

Remove clutter from under the bed in case your child wants to do a pre-bedtime check for monsters. Decorate a spray bottle with stickers and the words "Monster Repellent" and fill it with water. Allow your child to spray his or her bedroom door at night.

◆ Concerns About Tomorrow

To ease any negative thoughts your child may have about the next day, create a "worry box." As part of your nighttime routine, discuss any concerns about tomorrow with your child and drop a bead, coin or small trinket into the box for each worry. Explain to your child that now all the worries are in the box and can wait, so they can focus on getting the rest they need.

Suggestions to Help Bedwetting

Bedwetting is not a child's fault, and it is not something he or she can control. The most common causes of bedwetting include genetics, a small bladder and a child's difficulty in waking up from a deep sleep.

Instead of asking your child why he or she wet the bed, help avoid nighttime accidents:

◆ Limit Fluids

Limit fluids two hours before bed and encourage your child to take a last-minute trip to the bathroom before going to sleep.

◆ Provide a Comforting Environment

Make your child feel at ease during bedtime by using GoodNites® Sleep Boxers and Sleep Shorts. They provide children with a sense of control over a situation that's not their fault and help eliminate the guilt and frustration they feel until they outgrow bedwetting.

◆ Seek Support

Five to seven million kids wet the bed, which is an average of three children in a typical classroom. It's normal for children who experience bedwetting to feel a little embarrassed or ashamed. To help them through this period in their lives, parents can visit the newly enhanced GoodNites.com Web site for bedwetting facts, advice and solutions and to hear about other families' experiences.