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This Genesis Gem has an article you will want to read about children getting enough sleep and how it is so essential.

Children Need Sleep

Is there any issue more troublesome to parents than getting kids to bed? From the moment offspring discover they have a will of their own, they choose going to bed as their favorite sport for flexing their willpower. Every home has this innate struggle between children and parents over sleep issues. When told to go to bed, children don't think they need much sleep. When it's time to wake them up for school, it becomes another story!

The Effect of Lost Sleep

Research reports that even a moderate change in sleep duration, notably losing sleep, can significantly impair a child's brain functioning. Studies on adults had previously shown that significant sleep deprivation impaired the brain's 'executive control system.'

The study on children wanted to explore the effect of only a slight change in sleep duration on a child's schoolwork. It looked at the effects of adding or subtracting just one hour of sleep to a fourth- to sixth- grade

child's regular sleeping habits. The results were quite disquieting.

What was found is that those children who had one hour of extra sleep performed better on all performance tests, and those that had one hour less of sleep performed more poorly than when they slept their normal duration. So, if you want your child to perform better at school, add an extra hour of sleep to their regular sleeping time.

A Sleeping Guide for Parents

The study did not definitively explore exactly how much sleep a child needs. A normal, healthy child needs a minimum of 9 hours of sleep in order to maximize his or her potential. Some might even need more. It is generally accepted that pre-school children need 10 to 12 hours of sleep.

Here are some tips to help your child sleep more and better:

~Keep your child's bedtime schedule the same EVERY night. This helps the body's internal clock to become regulated, while too much variation deregulates it.

~Darken your child's environment an hour before bedtime by reducing strong lighting.

This helps the production of melatonin, the body's own natural sedative.

~Beware of frequent 'sleep-overs.' Everyone loses sleep when kids try to sleep together and it takes quite a few days to recover from the sleep deprivation!

~Avoid 'all-nighters,' such as studying all night the day before a test. A child needs a rested brain for exams, not just one crammed with information he or she won't be able to remember!

~Children should avoid all 'high adrenal arousal' activities before bedtime – such as gymnastics, rough play, competitive games, action TV, computer activities, etc. Adrenalin has to drop before sleep can occur.

~Try to create a family "wind down" time for all before bedtime. This should include some prayer time as well. It will help everyone sleep.

Not only can these tips help your child sleep better, but they can also lay the foundation for a healthier lifestyle for when they grow up.

*This article was written by
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Counselors.*

Genesis Gems



Problems with your children? At home? At school? Consider contacting one of the Genesis counselors to work with your family and children. Contact Genesis Counseling of Fort Myers. We can help.

239-939-5504.

As we look over the last few months of 2014, we hope we accomplished good things, Godly things for the people we have ministered to.

What are We Doing?

In the month of November, Genesis has offered to assist the Lee County School Counselors in bringing in a nationally known speaker, Dr. Mike Thomson to spend a day helping school counselors. Often problems with children can be resolved at the school level. If not, the schools are familiar with Genesis services and can refer to our therapists for additional assistance. In October, Genesis provided Hodges University continuing education credit for a presentation done for all of their mental health site supervisors. Those who attended appreciated Dr. Hoffman's talk on Strength-Based Therapies. Genesis was glad they could be part of this. Over the summer, Genesis organized a clothing drive to benefit the Fig Leaf Boutique in downtown Fort Myers. Their proceeds are then donated to missionaries. We have had as one of our primary goals for several years to be more involved in the community. We will finish up 2014 with a canned/non-perishable food drive with all donations going to an underserved population in North Fort Myers.

YOU can be part of some of these undertakings as well. Contact Genesis!

Be sure to check out our website at www.gcformy.com



Why Are We Here?

Genesis Counseling of Fort Myers wants to make a difference in this community by offering counseling to everyone! There are several colleges and universities in the area that train mental health counselors. In order for them to gain experience, they are given opportunities as interns. Genesis brings in these interns every semester to help them learn. We can then pass this opportunity along by offering free counseling!! Need counseling, but don't have insurance or a means to pay for it? Don't hesitate to contact Genesis at (239) 939-5504 to set up an appointment with an intern.

A testimonial...

It's hard to believe that it's been four years ago that my children and I came to see a family therapist at Genesis. After 16 years of marriage and four children, my husband found another woman and left us. I can say I was devastated, but my children were a total mess. I had my faith to hold on to and my children to keep me busy, as I found a job, moved out of our family home and looked for answers to many tough questions. I was never alone, though. My faith sustained me through it all. The counselor that we visited, gave me hope. I will never regret contacting Genesis and finding a compassionate counselor to help my family adjust to their

new circumstances. Her sensitivity and understanding of children was special to all of us. Most profoundly what I recall, is a comment she made early on in our 2-year relationship. She remarked her sincere appreciation in allowing her to be part of our family. She said it was a privilege. I cherished those words as we fumbled through things together! We met with this therapist off and on, whenever there were struggles. I know that countless women have stories similar to mine. All I can say is don't go it alone! Use the services of a qualified family therapist. You won't regret it. When the counselor asked me to write up something for this newsletter, I was happy to do so.
~no regrets here



A Recipe for You!

Sugarless No-Crust Pumpkin Pie

Could it be possible to find a health-conscious pie for this Thanksgiving? Well, here it is. Try it!

Mix together:

- ❖ 3 eggs
- ❖ 1 cup skim milk
- ❖ 4 Tbs. flour
- ❖ 1 cup granulated Splenda
- ❖ 1 can of pumpkin
- ❖ ½ tsp. salt
- ❖ 1 ½ tsp. vanilla
- ❖ 1 tsp. pumpkin spice
- ❖ ½ tsp. cinnamon

Pour mixture into a greased pie pan. Bake at 350 degrees for 1 hour. Then let it settle for ½ hour. Serve with lite whipped cream. And, don't feel guilty about eating this dessert!