

References for Conference Call

## **Alert Program® and Bedtime Routines**

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June 27, 2012

The following resources are listed in the order (approximate) that they were mentioned in the Conference Call. Please note that some of the resources are no longer available. As the internet continues to evolve, we cannot control access to the web pages or blog posts of others. We hope that if a specific resource is unavailable, you'll be able to find something similar using the unavailable titles as keywords in an internet search.

- [“Sleep Behavior Problems are a Common Concern”](#)
- [Healthy Sleep Habits. Happy Child by Marc Weisbluth](#) (book with chart: recommended number of hours of sleep per night)
- “Lack of Sleep and ADHD” article at About.com – no longer available
- [National Sleep Foundation – “Teens and Sleep”](#)
- [Autism Fact Sheet: Establishing positive sleep patterns for young children with autism spectrum](#)
- [Australian Occupational Therapy Journal Article](#) (on importance of OTs providing support to families for dinner and bedtime routines)
- Dr. Mercola’s checklist for “Secrets to a good night’s sleep” – no longer available
- Dr. Mercola’s info on melatonin and serotonin and sleep – no longer available
- [Take Five: Staying Alert at Home and at School](#)
- [M.O.R.E. Integrating the Mouth with Sensory & Postural Functions by Patricia Oetter, Eileen Richter, Sheila Frick](#)
- [Out Of The Mouths Of Babes: Discovering the Developmental Significance of the Mouth \(booklet\) by Frick, Frick, Oetter, & Richter](#)
- “Spontaneous Play in the 21st Century” by Fergus P. Hughes – no longer available
- “Bedtime Routines: A Hug, A Kiss And A Squish” – no longer available
- “Sleeping Arrangements” – no longer available
- “First Steps: Bedtime Battles” – no longer available
- [Alert Program CD: Songs for Self-Regulation \(Digital Version\)](#)
- [Test Drive: Introducing the Alert Program® through Song](#) (included songs could be appropriate for bedtime routines)

Additional websites (not mentioned on this Conference Call):

- [Bedtime Battles: Getting from “No!” to “night night”](#)
- [Use photos of the child in bedtime routine chart](#)
- [Other sample of bedtime routine chart](#)
- [Autism File](#)

Updated: February 28, 2022

**Common Sense Disclaimer**

As responsible adults, we must use common sense when supporting others.

If you are unsure of something that has been mentioned here, have questions, or just don't have a good feeling about trying something, trust your judgment and don't do it! I encourage you to seek help from a trained professional (often an OT in your area) or you can purchase consultation time with us here at TWI. You deserve support!

To learn more about additional distance learning options, research, articles or Alert Program® books, games, and songs go to:

[www.AlertProgram.com](http://www.AlertProgram.com)