



Our Monthly eNewsletter: July 2017

Welcome to our July 2017 e-Newsletter! Happy July to all of you from CHD (Center for Human Development). Summer is officially here and that means hot days, cool nights, cooking out on the grill, and firepits. It also means no school for the kiddos. In this issue, you will find some fascinating information about how summer may affect your sleep. Read on and enjoy!

[Visit our Website](#)



Summer Sleep

By Nick LaFonte, MS, LPC

"Sorrow can be alleviated by good sleep." Thomas Aquinas

Since school has been out, I have been hearing from parents that their kids are exhibiting an increase in wild and sometimes out of control behaviors. They also report that their kids are more irritable, crabby, and moody in general. This sounds like a recipe for a major mental health diagnosis waiting to get slapped onto their child at any moment. Oh...that sounds like your son has ADHD or your daughter is bipolar or better yet, your kid has oppositional defiant disorder. I am all for proper diagnosis of mental health disorders in order to receive the appropriate treatment. In this case, the common theme of these out of control kids is lack of sleep.

Now that school is over and summer is here with its longer days, parents and kids may find that their sleep cycle / schedule is out of whack. Schedules get messed up during summer months more frequently causing sleep habits to change and even vary from day to day. For example, maybe little Johnny went to bed at 8:00 pm every day during the school year. Now he is going to bed 9:30 pm or even 10:00 pm and instead of sleeping in to make up for the time difference he wakes up at the same time he would have for going to school. This change can create a slew of physical and mental issues. Without proper sleep, we (children, teens, and adults) may experience:

Depression
Anxiety
Memory Problems
Lack of Concentration
Hyperactivity
Irritability
High Blood Pressure
Stroke
Diabetes

More Accident Prone
Disorientation
Hallucinations
Paranoia
Daytime Sleepiness
Heart Issues
Impaired Judgment
Obesity
Risk of Death

The sleep experts recommend the following sleep schedules for attaining optimal sleep:

0 to 2 months: 16 to 18 hours per day
2 to 6 months old: 14 to 16 hours
6 to 12 months: 13 to 15 hours
1 to 3 years: 12 to 14 hours
3 to 5 years: 11 to 13 hours
5 to 12 years: 10 to 11 hours
12 to 18 years: 8.5 to 9.5 hours
18 years and up: 7-9 hours

If you are concerned about your sleep hygiene or that of your children, please consider talking to a counselor or your doctor today. A counselor can assist you in creating the necessary behavioral changes to get the sleep you need and deserve. If you were to make only one change in your life, make it a change concerning your sleep.

For additional information on the importance of sleep visit:

[Growing consequences of not enough sleep](#)
[Most Common Symptoms and Impacts of Sleep Deprivation](#)
[10 Things to Hate About Sleep Loss](#)
[Sleep Deprivation –Symptoms, Causes, Dangers and Treatment](#)
[The Walking Dead](#)

Staff Spotlight

Announcing CHD's newest counselor Anthony (Tony) LaMouria, LPC-IT. Anthony has a passion for God, a passion for family and a passion for people. He brings a variety of experiences and skills into his counseling practice both pastoral and creative. He says this about counseling, *"I view therapy as a tool that allows me to help another human being discover truth about themselves and their life-systems, in such a way that they become empowered to experience fulfillment in life."* We are excited to have Anthony with us, please join us in welcoming Anthony to our clinical staff. To learn more about him and read his full bio please [click here](#).

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[Read More](#)



Counselor's Corner

Please check out our most current blogs. Our blogs will give you some very practical tools you can begin using in your life and all of your relationships right away.

[View our blogs](#)



HOPE ON THE 400 BLOCK with DANNY GOKEY

Thrivent Financial welcomes Milwaukee native and American Idol finalist, Danny Gokey Sunday July 30th! The free concert is at 5:00 pm on the 400 Block in downtown Wausau. Please bring an item for Fill A Backpack, Fill A Need. Bring your chairs or blankets and come early for the best seats and enjoy

craft making and food vendors.

[More Info](#)



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