

Quiz (C170)

1. The most common sleep problems in foster children are trouble falling asleep, waking up overnight, and bedwetting. (True or False)
2. Youth of all ages need about 8 hours of sleep per night. (True or False)
3. The 4 C's of Healthy Sleep include: Consistent schedules, Calm evening environments, Cues that signal sleep, and Close connection. (True or False)
4. Snoring means a child is sleeping well. (True or False)
5. Melatonin is the first thing a family should consider if their child is sleeping poorly. (True or False)
6. Adults can help foster children sleep better at night by setting bedtime routines that feel familiar, predictable, and safe. (True or False)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Licensing Worker: \_\_\_\_\_