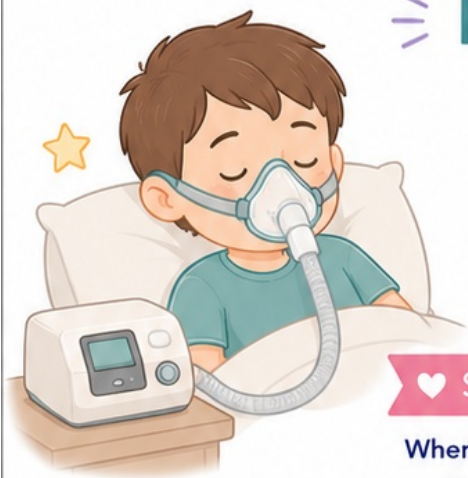




INVOLVING YOUR CHILD in Using a CPAP

♥ Small Steps. Big Confidence. Better Sleep. ♥

When children feel included and empowered, they are more likely to succeed with their CPAP journey. ♥

DID YOU KNOW?



Using a CPAP consistently helps improve sleep quality, mood, focus, learning, and overall health.



WHY INVOLVEMENT MATTERS



BUILDS OWNERSHIP

When kids help, they feel proud and take responsibility.



INCREASES COMFORT

Familiarity with the routine reduces fear and anxiety.



BOOSTS CONFIDENCE

Every small step they do builds confidence!



IMPROVES RESULTS

Involvement leads to better CPAP use and better sleep.



CREATES CONNECTION

Shared routines strengthen trust and teamwork.

WAYS TO INVOLVE YOUR CHILD



EXPLAIN IN A KID-FRIENDLY WAY

Use simple words to explain what CPAP does and how it helps their body and brain.



LET THEM HELP CLEAN THE EQUIPMENT

Wipe the mask, clean the tubing, or empty the water chamber together.



CREATE A BEDTIME ROUTINE TOGETHER

Let them help set up the CPAP as part of their nightly routine.



TRACK PROGRESS TOGETHER

Use a chart or sticker system to celebrate nights used and goals reached.



LISTEN AND ENCOURAGE

Ask how they feel, answer questions, and offer lots of praise and support.



GIVE THEM CHOICES

Let them pick their mask style, headgear, or even fun stickers to personalize it.

SIMPLE CPAP ROUTINE CHECKLIST



- ☐ Set up CPAP before bedtime
- ☐ Check water chamber
- ☐ Put on mask and make it comfy
- ☐ Take deep breaths and relax
- ☐ Use CPAP all night
- ☐ Wake up and say "Good job!"
- ☐ Clean equipment together
- ☐ Celebrate progress!



PARENT TIP



Stay positive and patient. Your calm and encouragement help your child feel safe, capable, and proud!



More resources, printables, and support for families at

♥ lifeafterabaclassroom.com ♥

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