

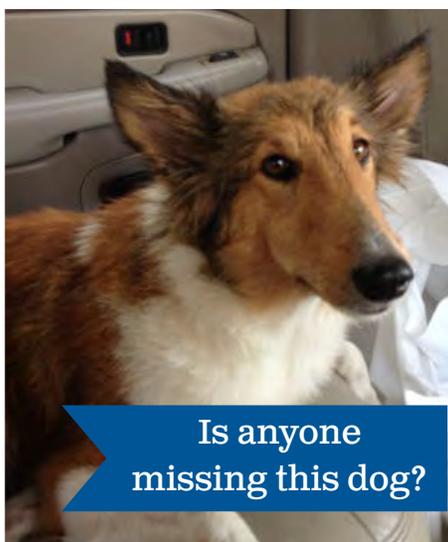


# LAKES

ON ELDRIDGE  
NORTH

Volume 12, Issue 12

December 2013



## ATTENTION LOEN Residents!

This dog, a female Shetland Sheepdog, or Sheltie, was found running loose at Lakes on Eldridge on Monday, October 28, 2013. We have since been trying to find her owner(s).

If this is your dog, or if you know where this dog belongs, please let me know. This dog is with the Texas Collie & Sheltie Rescue organization right now, waiting to be reunited with her owner.

Anke Arnold  
ankearnold@att.net  
713-856-6795 or 832-454-2037

## Miss Cy-Fair Houston & Princess Pageant SET FOR 5TH ANNIVERSARY ON FEBRUARY 15-16, 2014

Miss Cy-Fair Houston is ready for its 5th anniversary in February 2014 with new leadership. The Cy-Fair Chamber of Commerce began the pageant in 2010 as a family-friendly event aimed at raising scholarships and empowering young women and girls to achieve their goals. Over the last few years, the pageant has continued to grow and gain support. The Cy-Fair Chamber of Commerce is proud to announce that the Miss Cy-Fair Houston Pageant will continue to be a great community event under the direction of the newly formed Miss Cy-Fair Houston Organization with the leadership of Blaire Pancake and Tiffanie Vaughan.

*“The chamber has great confidence that with Blaire and Tiffanie’s guidance and past involvement with the Miss Cy-Fair Houston Pageant that the pageant will continue to grow and flourish with the same level of excellence,” says Leslie Martone, president of the Cy-Fair Chamber of Commerce. “We are so pleased they will continue to produce the pageant for our community.”*

Blaire Pancake has been involved with the Miss Cy-Fair Houston Pageant since its inception in 2010 and was the pageant chair and co-director this past year. She is also a former Miss Tennessee and brings a wealth of knowledge, experience, and expertise to the pageant.

Tiffanie Vaughan will be leading the princess pageant. She has served as a judge and been actively involved in the local community and pageantry for several years. Tiffanie and her husband live in the Cypress area with their 4 children.



*(Continued on Page 2)*

# Lakes on Eldridge North

## IMPORTANT NUMBERS

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Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency)	281-550-6663
Poison Control.....	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services .....	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas) .....	713-659-2111
Comcast Cable.....	713-341-1000
Houston Chronicle .....	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School .....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) *for information on advertising.*

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## Article Submissions

Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).

Submissions must be received by the 10<sup>th</sup> of the month for the following month's issue. (Advertising deadline is the 8<sup>th</sup> of the month.)

### Miss Cy-Fair Houston - (Continued from Cover Page)

"We are honored to be asked by the chamber to continue their legacy with the Miss Cy-Fair Houston and Princess Pageant. This is such a fun event and a great way to raise scholarships for some outstanding young women and show the rest of Texas just how talented and outstanding the young women in our area truly are," says Blaire Pancake.

This year's pageant will take place on February 15-16, 2014 at the Cypress Academy of the Performing Arts. The Miss division will continue to be a preliminary for the Miss America Organization, with Miss Cy-Fair representing the area at the Miss Texas Pageant in July 2014. The Miss (18-24yrs) and Teen (15-17yrs) will compete on Saturday the 15<sup>th</sup>, and the Miss Houston Princesses will compete on Sunday the 16<sup>th</sup>.

Last year was our first year as a prelim, and Elizabeth Medina, Miss Cy-Fair Houston 2013, represented Cy-Fair at the Miss Texas Pageant, winning non-finalist talent and the instrumental talent award for her piano rendition of the theme song from the Magnificent Seven. "I was so proud of her hard work and dedication. She has represented us well on and off the stage, and now is studying pre-med at the University of Texas. She has really set a high standard for future titleholders," says Pancake.

While the Princesses do not compete at the state level, they certainly do several appearances around the community and have a lot of fun! "This is not toddlers and tiaras. The whole purpose of this event is for it to be a great event for the girls and their families. It is about having fun and encouraging self-confidence in our youth. We want every little girl, whether she wins the title or not, to feel like a princess," says Tiffanie Vaughan, director of the Miss Cy-Fair Houston Princess Pageant.

### MISS CY-FAIR HOUSTON MISS DIVISION REQUIREMENTS

- No entry fee: Just need to raise \$100 for the Children's Miracle Network through the Miss America website prior to the pageant
- Age Requirements - Between the ages of 17 & 24 years of age.
- Must be 17 of age and a High School Senior by the time of their first appearance in the preliminary round of the local or state competition.
- Must be no older than twenty-four (24) years of age on December 31, 2013.
- Must attend school and be in good academic standing

(Continued on Page 4)

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# Lakes on Eldridge North



**Miss Cy-Fair Houston** - (Continued from Page 2)

**Phases of Competition**

- Private interview with a personal platform – 10 minutes in Length
- Physical fitness in swimsuit
- Talent – up to 90 seconds in length
- Evening wear in gown of choice
- On stage question

**MISS CY-FAIR HOUSTON TEEN DIVISION REQUIREMENTS**

(Note: Not a Prelim to Miss Texas)

- Cost \$250
- Age Requirements - Between the ages of 15 & 17.
- Interview, Evening gown, and On Stage Questions
- Winner, 1, 2, 3, Most Photogenic and Miss Congeniality
- Winner receives \$1,000 Scholarship, crown, sash
- Deadline for applications: March 11, 2013

**PRE-TEEN PRINCESS DIVISION REQUIREMENTS**

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz
- Age requirements: 13-14
- Contestants will pose and state name and what they would like to be at microphone on stage.
- Winner receives: crown, sash and VIP goody bag

**JUNIOR PRINCESS DIVISION REQUIREMENTS**

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz
- Age requirements: 10-12
- Contestants will pose and state name and what they would like to be at microphone on stage.
- Winner receives: crown, sash and VIP goody bag

(Continued on Page 6)

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# Lakes on Eldridge North



Tiffanie Vaughan

**Miss Cy-Fair Houston** - (Continued from Page 4)

## LITTLE PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz
- Age requirements: 7-9
- Contestants will pose and state name and what they would like to be at microphone on stage.
- Winner receives: crown, sash and VIP goody bag

## TINY PRINCESS DIVISION REQUIREMENTS

(Note: Not a Prelim to Miss Texas)

- Cost \$150
- Party dress, no glitz
- Age requirements: 4-6
- Contestants will pose and state name and what they would like to be at microphone on stage.
- Winner receives: crown, sash and VIP goody bag

## SPONSORSHIPS AVAILABLE FOR 2014 PAGEANT

We have sponsorships available. Currently, the Miss Cy-Fair Houston Pageant is proud to have Cypress Academy of Performing Arts as the venue sponsor as well as Kids R Kids Barker Cypress, Autumn Leaves Florist and Gifts, Mary Kay Cosmetics, and Monarch



Blair Pancake

Civil Constructors, LLC as pageant sponsors. Tangible donations for contestant goody bags and contestant sponsors are also needed for the pageant. Advertising space is available in the pageant programs.

## PAGEANT SPECIFICS:

- 2014 Cy-Fair Houston Pageant Miss/Miss Teen Divisions, Saturday February 15 at 6pm
- 2014 Cy-Fair Houston Princess Divisions, Sunday February 16th at 2pm

Both Pageants will be held at the Cypress Academy of Performing Arts, 11707 Huffmeister Rd Houston, TX 77065 Pageant website: [www.MissCyFairHouston.com](http://www.MissCyFairHouston.com)

\*\*\*Note: Only Miss Division is a Prelim to Miss Texas.

For more information on the Miss Cy-Fair Houston Organization, please visit [www.misscyfairhouston.com](http://www.misscyfairhouston.com) or its facebook page [www.facebook.com/misscyfairhouston](http://www.facebook.com/misscyfairhouston)

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# Lakes on Eldridge North



## Yorkshire Academy's MILK (Morning Intensive Language Chinese Klass).

Featured in the middle are LOE residents, Cameron and Annabelle Alemand. The MILK students take either Chinese or Spanish classes Mondays – Thursday from 7-7:40 a.m. For more information visit [www.yorkshireacademy.com](http://www.yorkshireacademy.com).

## "Cypress Serenades"

### Cypress Symphony Presents Second Concert of their Inaugural Season

The Cypress Symphony invites you to celebrate our historical inaugural season at our second concert in January! Join us as we explore some of the earliest orchestral writing by the lighthearted CPE Bach and journey through history to the romantic and passionate Mendelssohn and Tchaikovsky. We are pleased to welcome our talented guest conductor Mark Dupere, as he leads the Cypress Symphony through a musical odyssey! We look forward to seeing you on this magical evening!

**Saturday January 18th, 2014**

**7pm at the Centrum**

*Mark Dupere, guest conductor*

#### PROGRAM:

C.P.E Bach Symphony for Strings in B-flat  
Mendelssohn String Symphony No. 7 in D minor  
Tchaikovsky Serenade for Strings Op. 48

*Tickets can be purchased at [cypresssymphony.org](http://cypresssymphony.org)  
Student admission is free.*



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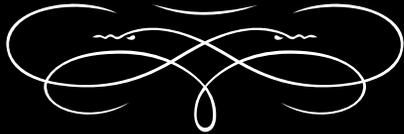
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# Lakes on Eldridge North

*Houston Repertoire Ballet to Collaborate with the  
Cypress Philharmonic for its Holiday Classic*

## THE Nutcracker



*Sell-Out Performances Set for December 7 & 8*

### WHEN/WHERE:

Saturday, December 7 at 2 pm & 7 pm  
Sunday, December 8 at 1 pm & 4:30 pm  
Tomball High School Theatre  
30330 Quinn Road  
Tomball, Texas 77375

### TICKETS:

For ticket information, call 281-940-HRB1 (4721) or visit [www.hrbdance.org](http://www.hrbdance.org). Cost is \$18 for students and seniors, \$22 for all other.

### WHO:

Houston Repertoire Ballet (HRB), featuring guest artists Jared Matthews as the Cavalier and Yuriko Kajiya as the Sugar Plum Fairy, both soloists of American Ballet Theatre, as well as Glyness Lanthier, President and Music Director of Cypress Philharmonic.

### WHAT:

The premier pre-professional ballet company in Northwest Houston proudly presents its 12th annual The Nutcracker performance series, this year for the first time in collaboration with the Cypress Philharmonic. The program attracts and develops some of the finest young dancers in the greater Houston area, with many of the dancers advancing to professional ballet companies throughout the country. HRB graduates can be seen with New York City Ballet, American Ballet Theatre, Miami City Ballet, Pacific Northwest Ballet, Atlanta Ballet, Pittsburgh Ballet Theatre and other prestigious companies.

### OUTREACH:

The dancers of HRB perform excerpts from each production and make costumed appearances at various nursing homes, libraries, group events and at Arts & Education performances. Also, HRB brings two matinee performances to Tomball ISD third grade students, fulfilling the arts component of their curriculum. To schedule an outreach event for your organization, call 281-940-HRB1 (4721).

### ABOUT HRB:

The Houston Repertoire Ballet (HRB) is a non-profit 501(c)(3), founded by Victoria Vittum and Gilbert Rome, both nationally acclaimed teachers and choreographers who served as its co-artistic directors. Today, Ms. Vittum oversees training and programming with an equal eye to serving the needs of the community.

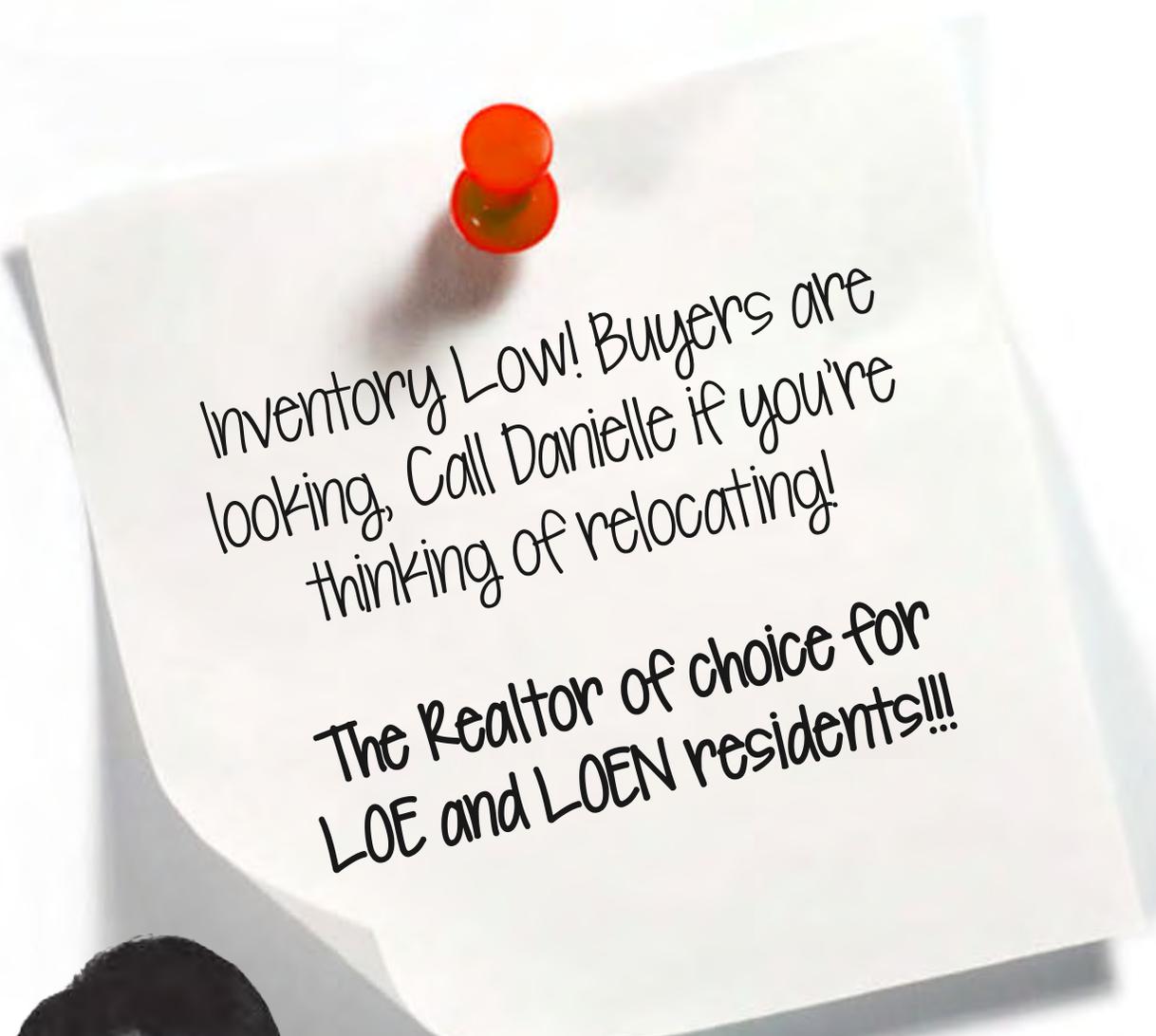
Since 1994, HRB has contributed to the cultural fabric of Harris and Montgomery Counties by providing excellent dance training to the area's young ballet stars and dance educators of tomorrow, while also presenting two high-quality productions annually at affordable prices.

The Nutcracker and a Spring Program, introduce area children and their families to the world of classical and contemporary ballet.

Today, HRB is considered to be the premier pre-professional ballet company in the Houston region, and is recognized for sharing its gifts with the community and beyond.

The Nutcracker's brilliant blend of costumes, sets and choreography creates a magical storybook world enjoyed by children and adults alike.

With a cast of more than 100 HRB dancers and area children, HRB's masterful production is the highlight of the holidays!



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## TENNIS TIPS



By USPTA/PTR Master Professional  
**Fernando Velasco**



### How to execute The Two Handed Backhand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, and the forehand lob.

In this issue, I will offer instructions on how to execute the Two Handed Backhand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep to the backhand side of the player, and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Marimel Ansdell, a Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Back Swing: When Marimel is forced deep into the backhand side and realizes that she has to hit a defensive lob, she pivots to the left and gets her racket back early. Notice that the head of the

racket is low and her left hand is on the handle of the racket. Her eyes are focused on the path of the ball and her weight is on her left foot.

**Step 2:** The Point of Contact: Marimel is now ready to hit the ball. Her eyes are now focused on the point of contact and the face of the racket is tilted at a 45 degree angle in order to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

**Step 3:** The Follow Through: The success of a deep lob is the follow through. Marimel’s left wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right hand is holding the racket slightly, but still in control of the racket.

**Step 4:** The Finish: In order to create a natural top spin on the lob, Marimel is now finishing her stroke with the racket behind her right ear. This will make the ball bounce higher and/or force the opponent to hit a tennis ball that is still rotating on the air.

**Step 5:** The Shuffle Back: Once Marimel finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court in order to drive the next ball back to the opponent. In this caption, she moved back to the center of the court waiting for the opponent’s shot to come back.

*Look in the next Newsletter for: How to execute “The One-Handed Backhand Lob”*



# *Happy Holidays From Our Home To Yours!*

We hope you, your family and friends  
have a special Holiday Season filled with many  
happy moments and treasured memories.

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# Lakes on Eldridge North

## KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW

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## Brigadier General Joe E. Ramirez, Jr. '79 to speak to NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

[nwhcaggiemoms.org](http://nwhcaggiemoms.org)

### HOSTS ANNUAL AGGIE ORNAMENT EXCHANGE

Bring an Aggie-themed ornament and join us for the Northwest Harris County Aggie Mom's Club Annual Aggie Ornament Exchange on Tuesday, December 10, 2013 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road.

### SCHOLARSHIP APPLICATION

The Northwest Harris County Aggie Mom's Club raises money throughout the year to fund scholarships to students from our area. Last year, we awarded 15 scholarships to Aggie students from our local community and donated over \$34,000 to a variety of Texas A&M student organizations. Eligible students should download the scholarship application form at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

Deadline to apply is February 4, 2014.

### SAVE THE DATE

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate

one of our themed tables. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).

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## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

**NOTICE: CHANGE FOR DECEMBER MEETINGS: TUESDAY, DECEMBER 3, THERE WILL BE NO NOON MEETING. CLUB MEMBERS AND FAMILIES WILL MEET AT 6:30 P.M. FOR THE ANNUAL CHRISTMAS PARTY.**

Regular meetings of the club will occur on December 10 and 17 at



the Hearthstone Country Club at 12:15 p.m. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and two Builders' Club in the Cy-Fair School District. If you would like to work with teens and preteens, join us and work with the outstanding youth in these organizations. We sponsor the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; award scholarships to outstanding Key Club members in our district; provide assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

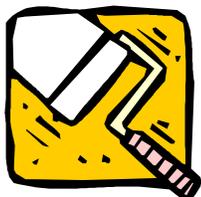
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# Lakes on Eldridge North

**SUDOKU**

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View answers online at [www.peelinc.com](http://www.peelinc.com)

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



## TRAVELING WITH YOUR PET OVER THE HOLIDAYS?

Here are some tips that will help make your drive smooth sailing.

Submitted by Kristen West, Owner of Gusto Dogs LLC.

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.
2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.
3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.
4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.
5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.
6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.
7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!
8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it.

Then Doug went back into the hallway and stood there staring up at the hall light.

Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

## WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep.

Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning.

Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

## IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action.

Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions

should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

## WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

## HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

## HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008  
Originally reviewed by: Michael H. Goodman, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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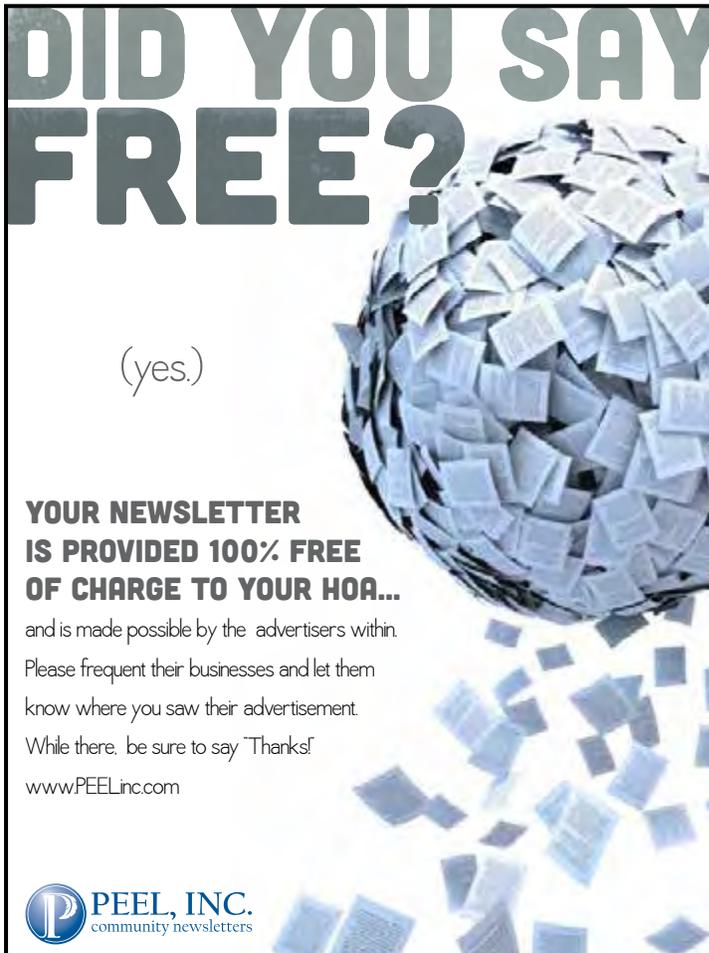
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