

Tips for a Comforting Bedtime Routine

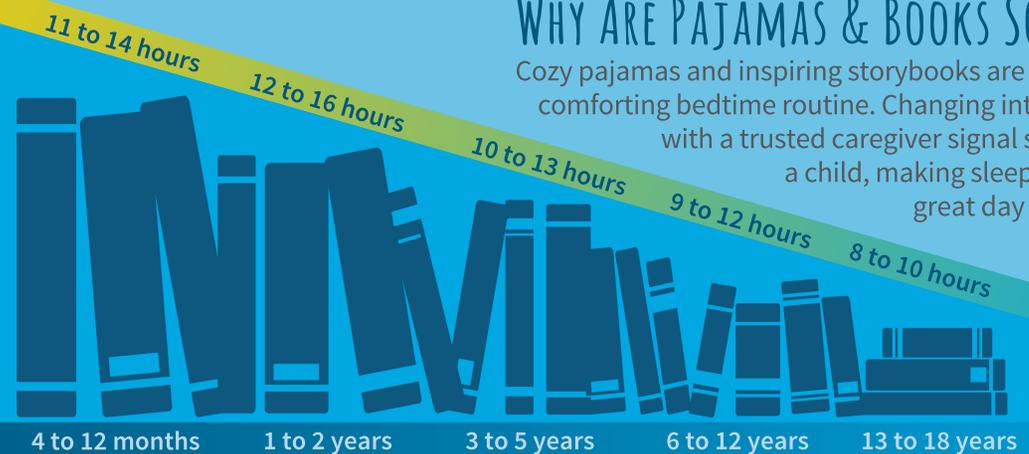
With increasing stress levels, anxiety, and fear, a nightly comforting bedtime routine is more important than ever. Sticking to a consistent routine means better sleep for your children and for you, too

- 1. Set a consistent bedtime.**  A regular bedtime lets a child know when it's time to wind down.
- 2. Choose a routine.**  Plan activities that will be easy to manage and for the children to follow, in the same order, at the same time, every night.
- 3. Get ready.**  Start your routine about 30 minutes before your set bedtime to give the children time to complete all of the steps in the routine.
- 4. Rise on time.**  Just like bedtime, having a consistent wake-up time helps your sleep cycle and helps maintain your bedtime routine in the evening.
- 5. Team up with teens.**  Teenagers love to stay up late and they have a lot of agency, homework, and social/online engagements. Talk to them about what would work best for them in their bedtime routine and help them stick to it.

These are some of our favorite tools to help us get ready for bed. What are yours?

-  turn off screens
-  take a bath
-  eat a healthy snack
-  sing a song
-  brush your teeth
-  share a story
-  change into pajamas
-  listen to relaxing music
-  hugs & kisses
-  talk about the day

HOW MUCH
SLEEP
DO KIDS
NEED?



WHY ARE PAJAMAS & BOOKS SO IMPORTANT?

Cozy pajamas and inspiring storybooks are cornerstones of a comforting bedtime routine. Changing into pajamas and reading with a trusted caregiver signal security and bedtime to a child, making sleep more restful for a great day to follow!

TIP:
An extra 30 minutes of sleep each night makes a difference at any age!

GET IN TOUCH!

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