



TIPS

TO CREATING A BEDTIME ROUTINE FOR YOUR CHILD



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Establishing A Bedtime:

Children need a minimum of 10-11 hours of stable sleep each night to perform at their best. If your child wakes up at 7AM every morning, make sure they are asleep by 8PM every night. Letting your child know the hour of their bedtime makes for good communication in establishing when it is time to start winding down.

Turning off the Screens:

Switch the television, computers, iPads, tablets or cell phones off an hour before it is bedtime as screen time can be stimulating to the child and hinder a good night's sleep. Screen activity can also interfere with the body's sleep hormone, melatonin.



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Washing off the Day:

A bath 30 mins before bed is perfect for aiding sleep. The decrease in body temperature after getting out of the bath make us feel sleepy around a half hour later. This is also a good time to establish an oral health care routine and get your child used to brushing their teeth before bed.

Relaxing Activities:

Fine motor skill activities help children to relax. Encourage your child to take part in activities such as coloring or doing a puzzle 30-60 mins before bedtime. You can also use calming music to offer a soothing vibe.



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Reading a Bedtime Story:

Reading aloud to your child has benefits beyond helping them to feel sleepy. Reading promotes language and comprehension and will better prepare them for school. Also, a bedtime story is a great way to end the day. We have included 5 new books for your child along with their new bed!

Saying Goodnight:

Say goodnight and leave your child to fall asleep by themselves. Wish them sweet dreams as they drift off for the evening.



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Consistency is Key to Success:

Do the same thing at the same time each day and night. This will strengthen your child's body clock, get them in a routine and allow them to have healthy sleep habits for years to come.