



Bed Time Routine

Bed time routines are what you do every night before you put your child to bed.

Creating a predictable and consistent bedtime routine will help your child relax and make it easier for your child to settle down and fall asleep.

A bedtime routine may consist of a snack, a bath, putting on pyjamas, brushing teeth, reading a story and finishing off with a hug and kiss goodnight.

Other ideas to help with bedtime routine:

- Provide opportunities throughout the day for your child to get exercise through active play.
- Have a predictable and consistent daily routine.
- After supper encourage your child to participate in calming activities such as taking a walk, playing with blocks, puzzles or looking at books.
- Avoid watching television before bedtime.

