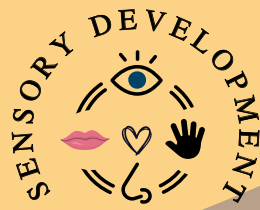




Collaboration with North Carolina Early Learning Sensory Support Program

BEDTIME



SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect to the people and things around them. Everyday routines—like getting dressed, mealtimes, or bathtime—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your child by telling them what you are going to do **before** you do it.



PREPARE THE ENVIRONMENT

- Notice and adjust room lighting and sound.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field.
- Think about opportunities to use visual contrast.



WHAT TO SAY

WHAT TO TRY

“Here’s your soft blanket, let’s go night-night.”	Give child their blanket, move to the bedroom.
“Do you want your racing pajamas or puppy pajamas?”	Let your child look at and touch the pajamas.
“What book do you want to read?”	Hold up one book and then another and let them choose.
“Let’s turn off the lights and turn on your sound machine.”	Have your child help you as much as possible.
“Time for bed. We washed our blanket. It smells clean.”	Help your child in bed and to find and smell their blanket.
“Night-night, I love you.”	Give your child a kiss.

WHAT TO TEACH

- Colors
- Textures
- Articles of clothing
- Body parts
- Night/day
- Feelings
- Bedtime objects
- Books/stories
- Songs
- Making choices
- Location of objects

WHAT TO WATCH FOR

- Closing eyes
- Facial expressions
- Becoming very still
- Feelings
- Making or imitating sounds or words
- Signs your child knows what is going to happen



Remember to keep your child’s bedtime routine the **same** each day for consistency.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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