



Sweet Dream Bedtime Routines

Creating a smooth bedtime routine can make your dreams come true by making sure both you and your child get the sleep you need.

Predictable Routine

- Create a predictable, consistent routine to help your child know what to expect.
- Allow your child to select their pajamas to help them have a sense of control within the routine.

Wind Down

- Allow time for your child to relax before bed.
- Wind down time could include reading a book, singing a song, gentle stretching, a warm bath, or massage.



Exercise

- Regular exercise during the day can help your child feel tired and ready for bed.
- Avoid vigorous activity right before bed.

Environment

- Make your child's bedroom a calm, quiet, inviting space.
- Children often sleep better in cooler rooms.
- Limit noise and light.
- Finish screen time within an hour of bedtime. Keep the TV, game system, or phone out of your child's room.



Reach FIPP at (828) 608-6700 or visit us at www.FIPP.org



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

(C) 2022 Family, Infant and Preschool Program. All Rights Reserved.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES