



Sweet Dreams

Bedtime Routine

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 Routines

- 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.