

BEDTIME PLAN

DID YOU KNOW?



Did you know? Just like we teach our children how to ride a bike, we also have to teach them how to sleep? Children who get enough sleep behave and learn better. So, how do you help your child to get the best sleep?

Make a special bedtime plan and do it every night.

This tells your child it is time to go to sleep.

First, choose 3 or 4 activities for your child's bedtime plan. And if they are old enough, they can help you choose those activities.

Here are some examples:

- Have a snack or drink of water
- Give a bath
- Put on pajamas
- Brush teeth
- Sing a good night song
- Give thanks
- Talk about your day
- Read a book together

Another fun idea is to use your child's favorite stuffed animal and pretend it is doing all the steps in the plan, too.



A **PLAN** helps your child to stay on track – and it makes it easier for you!

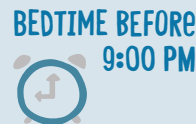
So for example, if your child asks for water, you can say “we already did that, we have to go in order.” Save their favorite activity for the end of their routine, so it is the last thing you do before bed. This will help your child to get through the plan because they have their favorite thing to look forward to.



1. Be sure that any feeding – whether it's breastfeeding, bottle feeding, or a bedtime snack – is the first step of the routine, and that it is done outside of the bedroom.
2. Next, brush teeth. Then the remainder of the routine can be done in the bedroom.
3. End by putting your children down drowsy but awake where you want them to sleep for the night.



Starting when they are toddlers, children should have the same bedtime every night. And it is best for children to be in bed before 9:00 pm. Also, you need to start your plan at the same time every night.



BEDTIME PLAN

MY BEDTIME PLAN

BRUSH TEETH

READ A STORY

GO TO SLEEP

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GROWING MINDS

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