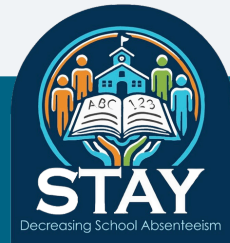


Sleep Guide



Nighttime routines aren't just about getting to bed as quickly as possible. They're about creating a peaceful, loving ritual that transforms what could be a stressful and exhausting time—for both kids and parents—into a comforting and enjoyable end to the day.

Creating a Routine

- Reframe Bedtime: Treat it as a peaceful bonding time, not just a rush to sleep.
- Create Connection: Prioritize cuddles, quiet conversations, and full attention.
- Set the Scene: Dim lights and play soft music to signal winding down.
- Incorporate Calm Activities: Try reading, breathing exercises, or guided imagery.
- Be Predictable: Keep a consistent routine so your child feels secure.
- Take It Slow: Move through each step calmly, allowing relaxation.
- End with Reassurance: Close with affirming words or a hug to send them off feeling safe.

Helpful Apps



SMILING MIND

Offers age-specific guided meditations and exercises.



CALM

Offers meditation, relaxation tools, and bedtime stories.



HEADSPACE

Guided meditation and mindfulness to help reduce stress and improve sleep.

BED TIMES ACTIVITIES



Read a bedtime story



Listen to calming music



Color or Journal



Reflect on positives of your day



Practice deep, slow breathing



Do a puzzle, or a word search



DO

- Listen to your child: If a part of the bedtime routine isn't working for your child, listen to their concerns and adapt the routine if necessary.
- Make gradual changes: Try not to introduce more than one change at a time to the bedtime routine. As your child's sleep needs change, shift bedtime by 15-minute increments each night.



DON'T

- Let them sleep in on weekends
- Start when they're already sleepy
- Use screens too close to bedtime
- Eat sugary treats close to bedtime
- Don't let them get too excited at night

Questions or Concerns:  XXX-XXX-XXXX  XXXX@XXXXXX.XXX