

How To Create A Bedtime Routine For Your Little One

When it comes to parenting, bedtime can sometimes present its challenges. Some nights your little one may settle into a slumber without any fuss, while other times it seems nothing you do can encourage them to sleep. This is where a consistent bedtime routine may be a useful tool for helping your little one catch a few winks.

1 Designate A Time To Wind Down

Identify when your child usually gets tired and set some time aside before that to initiate the wind down process. If your child tends to get sleepy at 6pm, you may like to begin their routine at 5.30pm.

2 Run A Warm Bath

To help relax your child, you may like to run a warm bath. This may help to differentiate between the energetic activities of the day and the evening's subdued environment.

Ensure you test the water with your elbow before bathing your child. If it's too hot for your elbow, it's too hot for your child. Keep the bath stimulation-free by excluding toys and bubbles as this may help to cultivate a calming atmosphere.

3 Create A Calm Space In Their Bedroom

Create a calm space that your child is familiar and comfortable with to assist in the bedtime transition. This may help it become a simple and positive experience for parent and child alike.

Some examples of a calm space include:

- ✓ Leaving screens outside of the bedroom
- ✓ Dimming the lighting to signify the transition to bedtime
- ✓ Use quiet, inside voices rather than boisterous, booming voices

4 Read A Bedtime Story

Reading before bed can help to centre your child's focus and help you to create a calm and peaceful environment for your child to doze off. Choose a setting that is best for you and your child. This may be in the living room on a couch or on your child's bed.

Choose a story that won't stimulate or excite them. This may be a familiar book or one centred around the main character falling asleep.

5 Establish Regular Bed And Wake-Up Times

Consistency is key with a bedtime routine. The goal is to keep bed and wake-up times consistent each day, or as close to. Try not to vary your little one's bed or wake-up time by more than 30 minutes. Over time, this may help set their internal body clock.



Every child is unique, so why not try tailoring your little one's bedtime routine to meet their individual preferences and needs?

My Bedtime Routine

My name is

My bedtime is

My wake time is

My bedtime routine is ...

1

2

3

4

5