

STEPS TO PREPARE YOUR CHILD FOR BEDTIME

1



BATHTIME

2



BRUSH TEETH

3



PICK PYJAMAS

4



DIM LIGHTS &
KEEP ROOM COOL

5



GET
COMFORTABLE

6



DO A WIND-DOWN
ACTIVITY

7



SAY GOODNIGHT

Some children may see bedtime preparation as boring and resist the habit. Listening and communicating with your child patiently will help ease them into this habit to get at least 10 hours of sleep.