

SLEEP TIPS



ESTABLISH AN ENJOYABLE ROUTINE

Establish a regular routine before bedtime such as listening to soothing music or reading a book to help your child relax and anticipate bedtime. Remember to allocate enough time for the routine so that your child can go to sleep on time.



CREATE A COMFORTABLE ENVIRONMENT

Keeping the bedroom quiet, cool and dark can help your child feel comfortable. The room should not be too hot or cold. Some children may like a dim night light, which is fine.



POWER YOUR CHILD DOWN FOR SLEEP

Avoid things that may stimulate your child near bedtime, as they may disrupt the sleep cycle. These include vigorous activities, bright screens, and caffeinated beverages.



CONSISTENCY IS KEY

Even if it is the holidays or weekends, maintain your child's sleep routine to keep his or her sleep pattern consistent.



ASSURANCE

Provide your child with a personal object such as a soft toy or blanket. It can give your child a sense of security and comfort when you are not in the room.



NO NAPS NEAR BEDTIME

Avoid naps close to bedtime as it may prevent your child from falling asleep or staying asleep through the night.