

BRUSH BOOK BED

steps to a good bedtime routine

A bedtime routine can relax and unwind your child and prepare them for a good night's sleep. Routines help teach young children healthy habits. Making toothbrushing part of the bedtime routine teaches your child that brushing teeth is a part of daily life.

1

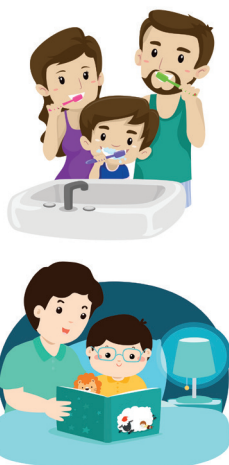


Making a start: choose a sleep time

You might have an ideal bedtime in mind – somewhere between 7pm and 8pm often works for young children.

Getting enough sleep and having a regular bed time is important.

2



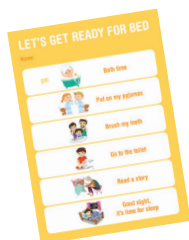
Work backwards: plan 30 to 60 minutes before bedtime

Work backwards from the ideal sleep time. Plan quiet activities for 30 to 60 minutes before your child's bedtime to help them relax and get in the mood for sleep.

Quiet activities that you can include in your child's bedtime routine (pick what works best for you and your child)

- A warm bath
- Change into pyjamas, a toilet visit, brush teeth (After brushing teeth, nothing else to eat or drink. Put baby to bed without a bottle.)
- Singing or listening to soft music or storytime
- *Keep away from TV or screen time or anything too stimulating, like running around*
- (finish the bedtime routine in the room where the child sleeps)
Kiss and cuddle, say goodnight, turn off the light and leave the room

3



Do it everyday

Do similar activities in roughly the same way every night before bedtime helps your child's body and brain 'know' it's time for bed.

When you are starting a new sleep routine for your child, talk about the new rules with your child during the day. Try a bedtime routine chart or reward chart to help your child learn the new routine.

4



A sleep-friendly space

Think about the bedroom. Make it a relaxing place – cool, dark and quiet.

