

Getting Ready for Bed

TIP #1

A consistent routine will help your child learn to settle at night. Try using a simple checklist with pictures or photos to help your child follow the routine.

TIP #2

Keep to a regular bed time and wake-up time.

TIP #3

Turn off the TV, tablets and other devices at least one hour before bedtime. Help your child wind down by doing things like reading a book, having a backrub or having a bath.

TIP #4

Make sure your child's bedroom is comfortable. Consider temperature, noise level and lighting.



Who can help? Where? When?

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My Tips

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Disclaimer

Please note that the information on this handout:

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