



Preparing for Bedtime

Children can help get ready for bedtime too! This is an especially difficult time for families as schedules have changed drastically which may mean, children's sleep schedules have been affected. Children can help with bedtime by helping parents to come up with a routine and by having specific tasks/jobs to do before bedtime.

Activity: Sit with your child and come up with a bedtime schedule together. Parents can write the schedule/routine and children can draw/illustrate it. Children should also feel encouraged to write if they are able to. An example of a bedtime routine is: Dinner, bath time, quiet play time (5-10 mins) with no screens, read a story, lights out. **Schedules should reflect your specific family need.**

Tips to help children become involved:

- Have your child choose their bath toys and gather bath necessities
- Allow children to choose their PJs each night
- Allow children to choose the book they want to read for the night

