

Bedtime Routine

Routines are very important for children. Having a routine brings comfort and consistency to a child's life. Young children gain an understanding of everyday events and procedures and learn what is expected of them as routines make their environment more predictable.

Some examples of daily routines for children are:

- Bath times
- Mealtimes
- Nap times
- Bedtimes
- Playtime

Today we will be talking about bedtime routines! This routine is the most important routine of the day, as it helps children wind down for the day.

Start your bedtime routine by:

- Choosing a bedtime (between 6:30 pm-7:30 is ideal for young children)
- Get your child ready for a warm relaxing bath! (Make sure the water is not too hot!)
- Dress your child into their Pajamas
- Read your child a book
- Offer your child a healthy bedtime snack
- Play some calming music or turn on white noise
- Tuck your child into bed

The main purpose of a bedtime routine is to calm your baby down for the night, so that their little body can relax and welcome sleep. Make sure nothing is stimulating your child an hour or two before bed (screens, stimulating toys, etc.) Try to do most of your child's bedtime routine in their bedroom, so that they know it is now time to sleep. Establishing and maintaining a good bedtime routine helps your child fall asleep easier, stay asleep, and wake up rested and refreshed!

The most important thing to remember when it comes to bedtime routines is to stay CONSISTENT!

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References

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