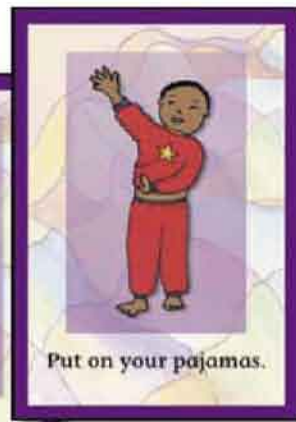
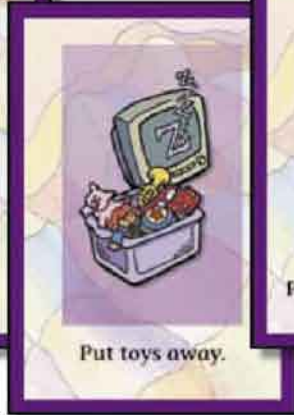




Ready for Bed



Ready for Bed

One of the most important ways we can take care of our children's physical and emotional health is by having a healthy bedtime routine. Children love the security of a routine; they are more likely to cooperate and get the sleep they need.

1.



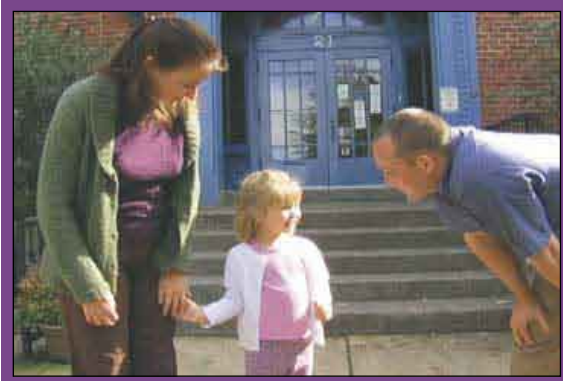
Routines



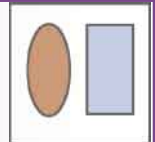
One of Daisy's steps in her bedtime routine is to set her clothes out for the next day.

Children need to get plenty of sleep every night for their health and development. Having a bedtime routine helps ensure children get the rest they need for the day ahead.

2.



Give Choices



Callie and her parents look forward to creating a good bedtime routine. Callie is happy that she gets to make choices about when to brush her teeth and what book to read.

Children cooperate and enjoy their bedtime routines more when they get to make choices about the routine. Letting them decide the order of each step in their routine is a good way to give them a choice.



3.



Encourage



Ari's father encourages him to follow a bedtime routine by keeping Ari company while he brushes his teeth. Eventually, Ari will brush his teeth on his own.

Making sure to follow routines every day is important for our children.

4.



Shared Focus



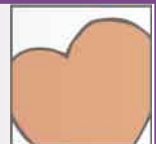
Miss Jessie spends special time with her daughter, Daisy, looking at a book. Sometimes they tell a story or sing a song.

Build family bonds and set the stage for a peaceful night's sleep by sharing a book or a song or a story.

5.



Show Affection



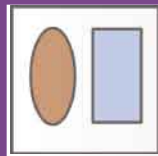
Sol's mother gives her son a kiss and a hug and tells Sol that she loves him before she says good-night.

Children go to sleep feeling cared for and secure when they are shown love and affection.

Ready for Bed



Routines



Give Choices



Encourage



Shared Focus



Show Affection

