

## Example bedtime routine

Avoid fizzy drinks, chocolate, etc. at bedtime, instead warm milk or water and 'sleep foods' if child would like a snack.

Remember to wake him/her each morning at a set time (if he/she sleeps through) so they can learn the routine.

## The routine

\*\*\*Change times as appropriate according to the age of your child\*\*\*

- 6.30pm TV off, dim the lights/close the curtains in the lounge to begin clues its coming up to bedtime

Snack chosen from sleep inducing foods, if needed.

Quiet play begins, (fine finger games e.g. playing with jigsaws, colouring in)

- 7pm Bath, brush teeth and get ready for bed (PJ's on etc.) Remember we don't go back downstairs into lounge etc. after we have gone to the bathroom at this time. (On a non bath night a cuddle in a warm towel!)
- 7.20pm Child gets in to bed and has time for a story (or two).
- 7.30pm Kiss and cuddle 'Goodnight, see you in the morning' leave the room.