



Tips for a Happy Children's Bedtime Routine

*Does your children's bedtime routine need a bit of an overhaul?
Here are some tips that can help.*

- **Children like routines and knowing what to expect.**

So set a specific bedtime based on your child's age and activities and maintain it each night as much as possible.

- **Avoid energetic or competitive games** as bedtime approaches.

Choose quiet activities instead.

- **Help your child relax.**

Try a warm bath or shower, a good hair brushing, or a foot rub to help your child relax toward sleep. If you offer a bedtime snack, make it sleep inducing, such as a cup of warm milk or cocoa.

- **Give gentle reminders of what happens next.**

"Three more minutes, then it's time to get in your pajamas."

- **Take your time.**

Don't rush. Take time to talk, read, and pray with your child. Dim the lights, and turn off the TV or tablet and your phone.

Sweet dreams!

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