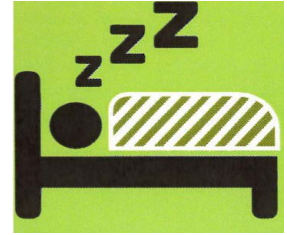


# 5 Tips to Help Your Child Sleep



## 1. Keep a bedtime routine

- To help your child get ready for bed, set up a routine for the same time each night. Some things that can be a part of the bedtime routine are:
  - Brushing teeth
  - Reading
  - Telling a story
  - Taking a bath
  - Listening to quiet music
  - Singing songs
- Have your child wake up at the same time in the morning and go to bed at the same time at night.
- Do not allow your child to do things that excite him or her in the hours before bedtime (for example, avoid screen time).
- Limit eating and drinking near bedtime. Try not to give your child caffeine (sodas, chocolate, tea, or coffee) in the afternoon or evening.

## 2. Make the child's bedroom a quiet place for rest

- Children sleep better in a cool, quiet, and comfortable space.
- Children might feel safer if they have a doll, blanket, or stuffed animal with them.

## 3. Exercise during the day helps

- Make sure your child gets physical activity every day.

## 4. Be calm and a comfort to your child

- If your child gets up or has trouble sleeping, ask them why they cannot sleep. It might be that they need to go to the bathroom or had a bad dream
- Keep a log to track when your child cannot sleep. Take this with you to your child's doctor appointments.

## 5. Talk about 3 good things

- At bedtime, ask your child to tell you 3 good things about their day.
- Talk to your child earlier in the day about any worries.
- Help your child relax by breathing slowly or imagining happy scenes (like being on a beach).