



☾ GENTLE ROUTINES, PEACEFUL NIGHTS BEDTIME

Bedtime is smoother when we help our children wind down with calm, predictable steps. 🧸

Avoid active play, screen time, or exciting activities at least **30–45 minutes before bedtime**. Choose quiet, relaxing routines instead — dim lights, soft music, and gentle voices help signal that it's time to rest.

Make sure your child is **sleepy, not just in bed**. Forcing bedtime too early can lead to resistance or frustration






Use **visual cues** or a picture schedule to help your child follow along. Reinforce calm cooperation and each completed step with soft praise or affection.



Bedtime Routine

Today...

create a short bedtime routine that includes putting on pajamas. Keep it calm, predictable, and rewarding — and wait until your child shows signs of tiredness before tucking them in.

1	2	3	4	5
				
put on pajamas	toilet	brush teeth	bedtime story	sleep
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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