

GETTING THE KIDS TO BED

1

ROUTINE IS KEY

The best thing you can do and most important is keep everything the same every night- for example, Bath, Brush Teeth, Book, Bed is a good routine. Start it at least 1 hour before bedtime.

2

PREPARATION IS A MUST

Make sure you have everything set out before you start the routine. For example: towel/lotion/PJs for after bath. Toothbrush/Paste to clean teeth. A few books to pick from for story time. It will save you time and sanity!

3

TIMING NEEDS TO STAY LOCKED DOWN

Kids need a regular bed time and wake up time. Even on the weekends. Keep it the same every day and they will know what to expect.

4

KEEP THE TEMPERATURE COOLER

Make sure to lower the heat at night, everyone sleeps better in cooler temps. If you have younger children who cannot keep their covers on, make sure they are dressed appropriately to sleep without covers.

5

A SMALL NIGHT LIGHT IS OK

If your child is scared in the dark, make sure they have a nightlight. I love this one: [here](#)

6

KEEP THE NOISE LEVEL DOWN

I am not saying don't make any noise, just don't throw a party. Unless it is a sleeping party ;)

7

LET THEM HAVE A COMFORT ITEM

Younger children may still feel attached to a blanket or stuffed animal. Make sure they have those items for bed.

8

GET THEM A DREAM MACHINE

My kids absolutely love adore a noise machine. It helps them relax and stay asleep longer. [look here.](#)

9

LIMIT AFTER SCHOOL ACTIVITIES

Doing too much before bed can wreak havoc on a kids sleep schedule. That is because they can have sports and homework, pushing bed times later.

10

ONE LAST REQUEST...

Don't give up! Do what works for your family and know that eventually they will sleep.