



A Healthy Night Routine With Your Children

Having a consistent routine to settle down an hour before bed helps set up little ones for higher quality sleep while helping them feel more grounded and secure.

Structuring a Healthy Bedtime Routine for Your Children



Offer a nutritious snack or bottle/breastfeeding.

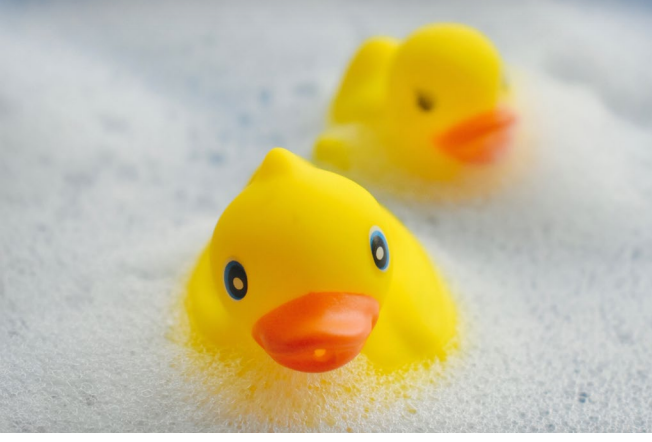


Being hungry may make it difficult for little ones to fall and stay asleep — just be sure to avoid any sugary snacks.

Turn off screens.



The blue light from TV and electronic devices significantly impacts sleep quality for all ages but especially young, developing minds.



Get cleaned up.



Giving your kiddo a bath with lavender-infused products can be very relaxing for both the body and mind.

Brush & floss



Proper dental care is an essential part of any nightly routine, including for baby teeth.



Encourage a bathroom break.



Going potty or having a diaper change before laying down is a healthy and important step to getting a restful night's sleep.

Wind down.



Reading a book, singing a lullaby or talking about the day are wonderful ways to connect and create a calm atmosphere.



Adjust the ambience.



Conventional sleep hygiene rules advocate for a dark, cool and quiet environment.

Tuck them in.



Give them one last cuddle, rocking or goodnight kiss as they're beginning to drift off to sleep.



Resources

- <https://www.sleepfoundation.org/children-and-sleep/bedtime-routine>
- <https://www.learnwithhomer.com/homer-blog/5785/bedtime-routine/>
- <https://mindfulfamilymedicine.com/how-to-establish-a-healthy-bedtime-routine-with-children/>

