

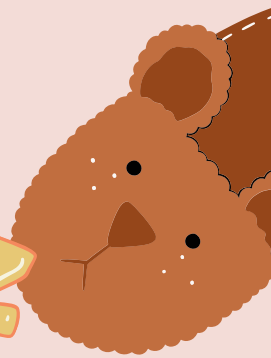


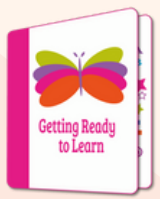
BEDTIME ROUTINE FLYER

please be quiet, children are
sleeping.



ZZZ





BEDTIME ROUTINE



EXERCISE
Exercise will help tire your child out and help them sleep better.

SCREENTIME
Try not to allow your child to have screens in the hour before bedtime.

1. UNDRRESS

Help your child to undress and put their dirty clothes in the laundry basket.



2. GO TO TOILET

Encourage your child to go to the toilet before bed.



3. TAKE A BATH

Optional, but a warm bath or shower can help calm your child and help them fall asleep.



4. PJS ON

Having a consistent bedtime routine will help your child relax and settle. They will still need some help changing into pyjamas.



4. BRUSH TEETH

Help your child to brush their teeth. Children's teeth brushing should be supervised up to the age of 7.



6. BOOKS

Cuddle up and read to your child. Try to read 3 books to your child every night, though take your cue from your child. They may only want to talk about the pictures.

REMEMBER SHARING BOOKS EVERY DAY HELPS MY BRAIN GROW



7. BEFORE LEAVING

Give your child lots of hugs and kisses. Leave their favourite toy and a drink of water. Let them know you are close by. Tuck them in and calmly and firmly say goodnight.



TOP TIP
THE PRE-SCHOOL CHILD NEEDS BETWEEN 11 AND 13 HOURS SLEEP EACH NIGHT