



Bedtime Tips for Little Ones

Parent Tips

Developing a bedtime routine benefits the whole family. Keep the routine as consistent as possible, even over school breaks and summer vacation. When everyone is well rested, family life is a lot more pleasant.

Bedtime Tips

- Include time for quiet activities 30 minutes before bed to “set the stage” for bedtime.
- Make your child’s bedroom a quiet and comfortable place to sleep.
- Use the bed only for sleeping. Do not put a TV or computer in your child’s bedroom. Limit screen time, especially before bed.
- Limit food and drink before bedtime.
- Play soothing background music to mask household noise.
- Have a structured routine including bathing, brushing teeth, reading books, quietly singing songs, and praying. Crawling in bed squeaky clean is a good feeling including a sparkly smile.
- Tuck your child into bed snugly for a feeling of security, using scripture to remind your child of God’s constant care.
- If your child is afraid of the dark, plug in a nightlight.
- Punctuate bedtime with prayer. Rote prayers are good with little ones. Expanding into personal prayers, including attributes of the Lord, thanking God, requesting forgiveness, and ending with asking for help teaches a child how to talk to his heavenly Father.
- Tuck your child in securely with a goodnight kiss. Remind the child you’ll see him/her *in the morning* to set the expectation that when the sun rises in the sky, the child may get up too.

How much sleep daily is enough for children for healthy growth and development?

Infants (4-12 months) 14-16 hours

Toddlers (1-2 years) 11-14 hours

Preschoolers (3-5 years) 10-13 hours

Elementary (6-12 years) 9-12 hours

...when you lie down, your sleep will be sweet.

Proverbs 3:24

Questions? Contact Becky Danielson at b.danielson@berrypatchschool.com.