



Points to remember when setting a bedtime routine:

- ✓ Decide on a bedtime, then inform your child.
- ✓ Be consistent in enforcing this bedtime or your child will constantly test it.
- ✓ Make it clear that a later bedtime is a special privilege - it could be used as a reward for good behaviour.
- ✓ Establish a winding down routine e.g. a warm bath, read a story, listening to quiet music, quiet play and a snack. **Try to keep to the same order each night.**
- ✓ Give a warning 10 minutes before bedtime that it is nearly time for bed.
- ✓ Once your child is in bed, be firm and ignore calling out.
- ✓ If they get out of bed, return them, telling them calmly and firmly it's bedtime - don't get caught up in a conversation or argument.
- ✓ If they take a while to settle suggest they read a book or listen to music until they are sleepy.

Note: Some children need less sleep than others so consider eliminating a day time nap or establish a later bedtime.