Positive Bedtime Patterns

Bedtime routines can help all children to relax and feel ready for sleep.

Consistent and flexible bedtime patterns can help babies and toddlers settle to sleep more easily.

You can begin with:

⭐ Giving your child a bath and helping them to brush their teeth.

⭐ Negotiating a few stories to read before bed and allowing your child to choose them.

⭐ Having some quiet time and cuddles before bed.

⭐ Giving clear direction to your child, such as 'It's time for sleep now.'

⭐ Reassuring your child that you are just outside their room and that you will keep checking on them, leaving the door open, this helps to build trust.

⭐ Praising your child for staying in their bed once it's time to sleep.

⭐ From 18 months of age to 3 years, a night light outside the bedroom or in hallway may provide comfort.

⭐ Putting your child to bed at the same time each night can also help your child feel ready for sleep.

⭐ If your child comes out of the room, telling them to go back to bed or return to their room. Encourage your child to walk back to their room themselves, and into bed. This can promote independence.

⭐ Limiting the use of screentime at least 1 hour before bed to encourage quality family time away from their screens.

⭐ Introducing sticker charts and rewards as a way of reinforcing positive bedtime patterns with your child.

It can take a few weeks, but positive bedtime patterns that are persistent and consistent can help to make the transition to bedtime smoother and a happier time for all the family.