





BEDTIME ROUTINE

A bedtime routine should be calm and relaxing. We should avoid any activities that cause stress or excitement.


Below is a routine that I will call 'the Golden Hour'. This routine can be followed in the hour before sleep is due to come and should help relax your child and support melatonin (the sleep hormone) to be released.




Start with a SUPPER. Please feel free to download 'the sleepy foods' to give you some suggestions.



BATH TIME (if it is not exciting or stressful for your child). If it is then getting prepped for bed pj's, teeth brushing, hair brushing etc



FINE FINGER PLAY try and do a full 30mins of hand eye play. Jigsaw's, lego, arts and crafts. It is important that this is carried out with a parent and will help your child to unwind.



STORY TIME this is an important ending to 'the Golden Hour' it signifies the end of the bedtime. Make sure you read the same amount of stories each night. You could even choose them before bedtime!