

Example bedtime routine

Avoid fizzy drinks, chocolate, etc. at bedtime, instead warm milk or water and 'sleep foods' if child would like a snack.

Remember to wake him/her each morning at a set time (if he/she sleeps through) so they can learn the routine and strengthen their body clock

The routine

Change times as appropriate according to the age of your child and/or their current sleep onset time

- 6.00 pm TV and screens off, dim the lights/close the curtains.

Snack chosen from sleep inducing foods, if needed.

1:1 time (calm play) or sensory intervention if required

- 6.30 pm Bath/shower, teeth and get ready for bed (PJ's on etc.) Remember we don't go back downstairs into lounge etc. after we have gone to the bathroom at this time. (On a non bath night a cuddle in a warm towel!) if water is not tolerated, move earlier or in the morning
- 6.45 pm Child gets in to bed and has time for a story (or two).
- 7.00 pm Kiss and cuddle 'Goodnight, see you in the morning' leave the room. If child is unable to self settle this can be adapted accordingly