

# Parenting Tip.....

## **Bedtime routines help children feel more secure and comfortable about what they can expect at the end of every day**

Bedtime routines work best if you reserve the hour before bedtime for quiet play. Limit television, video games and computer time.

**Set a regular bedtime and stick to it.** Your child's body clock will adjust much more quickly to the routine if the routine follows a natural and consistent pattern.

**Give a warning.** Set the kitchen timer for ten minutes before children need to get ready for bed so they can wrap up what they're doing; the child learns that the timer sound means bedtime.

**Keep your bedtime routine fairly short.** A good bedtime routine will probably last about 15 minutes. Teach your child relaxation techniques to help them relax and fall asleep.

**Keep last "goodnights" brief.** Say "goodnight" when it's time for you to leave the room and try not to come back if your child calls for you.



**Partners in Early Childhood Education (PIECE)** encourages you to establish consistent bedtime routines.

Questions? Call  **CAPS** at 785-825-4493