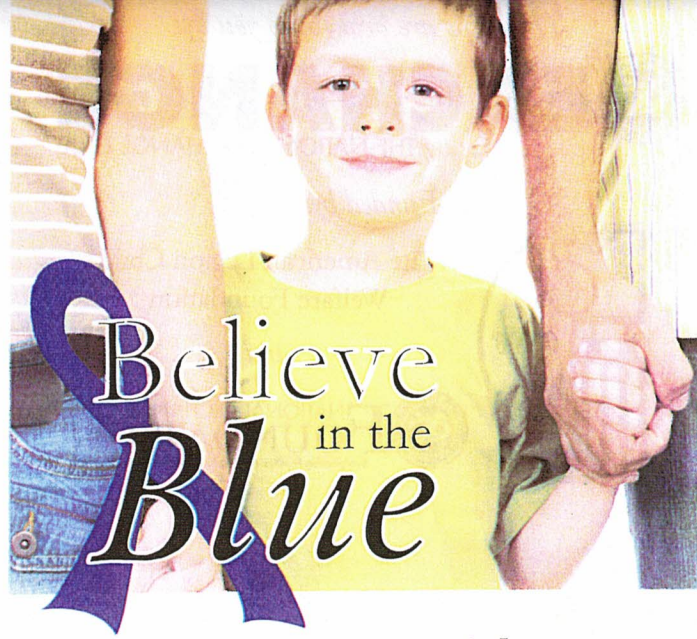


Believe
in the
Blue

Tips for peaceful bedtimes

1. **Set a time for bedtime.** Try to have bedtime at the same time every night. Be as consistent as you can and offer gentle reminders as bedtime nears.
2. **Establish a bedtime routine.** And try to do the same routine each night. Take a bath, read a book, talk about the day, name the best part of the day or any other quiet activity that signals the bedtime routine has begun.
3. **Use a special bedtime comfort.** Have a special pillow, blanket, stuffed animal, soft music or night light that's especially for bedtime use.
4. **If possible, give choices for the routine.** "Would you like to sleep with your bear or bunny tonight?" "Which book would you like to read tonight?"
5. **Remember to watch the clock.** Don't start longer games, books or movies before bed as it may cause arguments about wanting to finish them. Also, keep more physical activities for earlier in the evening and quieter activities for closer to bedtime.



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Tips to avoid arguments

1. **Give your child choices.** This works at most ages! For example, say, "You have to wear socks, but you can pick the red ones or the blue ones." Be sure to use choices you can live with and then praise them when they pick, "Good choice!"
2. **Tell your child what to expect.** "We're going to two stores today, but not the toy store." "You have 10 more minutes to play, then we need to go."
3. **Model the behavior you'd like to see.** Do not argue with your child. Remain calm and do not yell.
4. **Have a routine.** This will help children know what to expect. Bedtime is after one book, homework is done before TV, etc. Be sure the rules are clear and consistent.
5. **Explain your reasons.** But don't expect young children to fully understand. Making good decisions takes years of practice and children need a good role model.

our bedtime routine



Pajamas



Brush Teeth



Drink of Water

Go Potty



Pick Out Clothes for Morning



Read Stories



Lights Out

