

Good Bedtime Routines

Workshop October 2017

Welcome!



THE RED HEN PROJECT

Bedtime routines

Bedtime routines are not just for young children, they are important for everybody, including young people and adults. We tend to **thrive** on routines and children with additional needs in particular respond positively to routine.

Routine is very important at bedtime. The same things need to happen in the same order every night for a bedtime routine to be successful.



Checklist for Good Sleep

Is your child:

- Wet or Soiled
- Not tired
- Able to self-settle
- Hungry
- Thirsty
- Ill
- In pain
- Teething



Developing a Good Routine

- Bath time
- Plan quiet time
- Hand eye coordination activities
- Make sure the bedtime routine is calm
- Once your child has gone to their room they should not go back into the living room
- No screens in the hour before bedtime
- Keep hugs and kisses and stories to the same length each night
- Use a set phrases “It’s night time, go to sleep”



Positive Bedtimes

- Keep calm
- Remember fight or flight
- Breathe!
- Give warnings that bedtime is approaching
- Use clues such as music, sandtimers
- Never use the bedroom as a sanction
- Use positive language

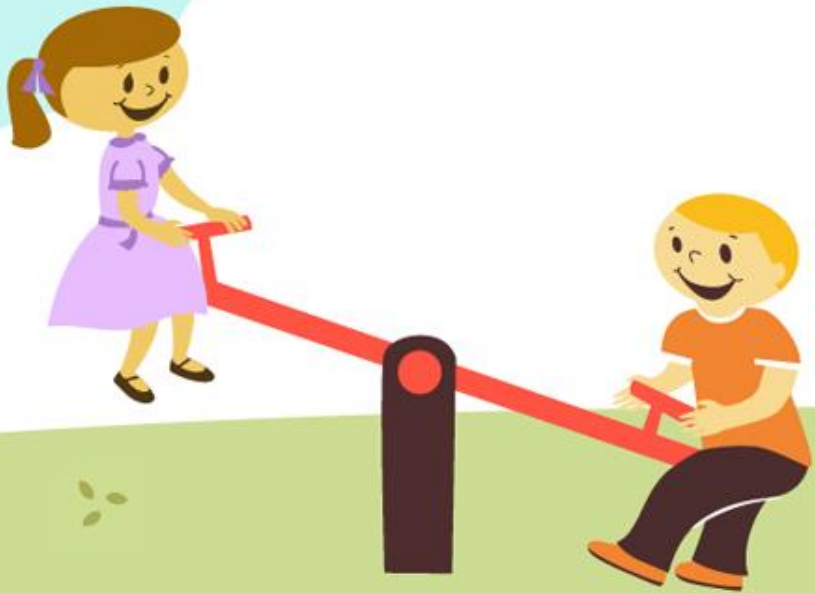


Top tips

- Use the when-then rule
- Thank children
- Give warnings that things are changing
- Give choices
- Use a set phrase at night time



Any questions?



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Stay positive and remember consistency is key!

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www.thechildrenssleepcharity.org.uk

Good Luck and
see you soon!



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