

Bedtime: Sleep and your child

Good Night Moon by Margaret Wise Brown

A young rabbit tries to postpone his own bedtime by wishing "Good Night" to everything in his room. By the end of the story the rabbit's voice has quieted to a whisper and the illustrations have darkened. It is the perfect bedtime book!

Getting a good night's sleep is critical to your physical and mental health as well as your child's, so establishing a bedtime routine has benefits for both of you. Follow these tips from PBS Families to help make bedtime a peaceful, cozy time for the whole family.

- Be consistent. Begin your "almost time for bed" routines at the same time each night.
- Do calm activities. Talk with your children while they take a bath. Sing a song while they brush their teeth. Pick out clothes to wear the next day.
- Be gentle, but firm. If your child resists say, "I understand you don't want to go to sleep now, but it's your bedtime and your body needs to rest."
- Dim the lights. Read a book, tell a story, or sing a song.
- Talk quietly about your child's day. Tell them about yours. Talk about what you'll do together tomorrow.
- Gently stroke your child's back, head or feet. Give your child a kiss and tell them how much you love them.

Read More—related books

How Do Dinosaurs Say Goodnight by Jake Yolen

Bedtime! by Joan Blou

Good Night, Gorilla by Peggy Rathman

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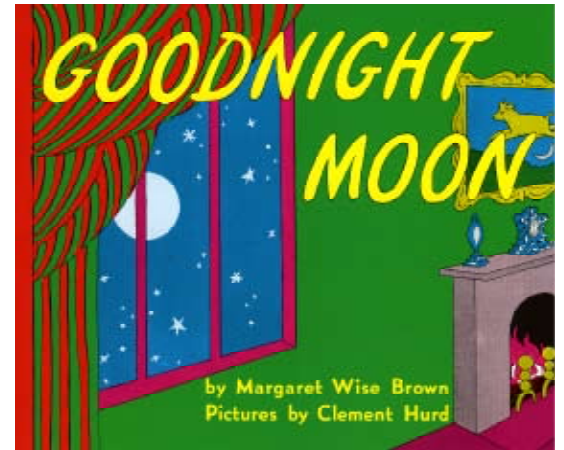
Parenting 24/7

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Word World

12/3 10:30 AM

Snug as a Bug; Nightlight

Bug has difficulty falling asleep when he can't remember how the rhyme "snug as a bug in a ..." finishes. Also: Bear refuses to go to sleep because she's afraid of the dark.

It's a Big Big World

12/19 10:00 AM

Go to Sleep Wartz

Wartz has so much fun playing with his marmoset friends that he decides he wants to play all the time and never sleep again. Snook isn't so sure about this, however, and brings the little frog to visit different animals in the tree, learning how each one gets their rest. Wartz is still convinced that he is one frog that doesn't need to sleep, but when he and Snook sit down at the end of the day, Wartz finds out that the nighttime sounds of the forest are a perfect lullaby, and drifts off to a long-overdue slumber.

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