

# TIPS FOR CREATING A POSITIVE BEDTIME ROUTINE

01

## FOLLOW THE SAME STEPS

Create a bedtime routine that you follow in the same order every night.



02

## BE CONSISTENT ABOUT BEDTIME

Try to make bedtime at the same time every night.



03

## SET CLEAR BOUNDARIES

Be consistent about the ending of your bedtime routine.



04

## WIND DOWN / CALM DOWN

Spend 30-60 minutes before bed with quiet and calm activities. NO SCREENS of any kind.



05

## SPEND TIME CONNECTING

Make part of your routine cuddling and talking about their day. Connect emotionally.



06

## BE CALM AND KIND

Stay calm and kind when enforcing boundaries.

