

For Parents of Little Ones



Four Tips for a Happy Bedtime Routine

- Decide when bedtime should be. Allow about 11 hours of sleep for little ones.
- Read “Happy Faces” on page FJ2 and make the bedtime chart on page FJ3 with your child.



■ Have your child help put together a special “bedtime basket” with a book, scriptures, and other items to use just at bedtime.

It’s bedtime!” How does your little one react to those words? With wailing and flailing? Or with relative cooperation? A lot depends on the three Cs of bedtime:

Comfort—A favorite book, a Primary song, a scripture verse, time to snuggle, a prayer. All these can send the message, “You are loved. Heavenly Father is watching over you.”

Connecting—Bedtime can be a time to hold your child close, look into her eyes, and really connect.

Consistency—When children know just what happens at bedtime—and that it happens every night—they can even learn to cooperate and take responsibility.



- Work backward, allotting a time for each step. Your routine might start with bath time at 6:30 p.m. and end with lights out at 8:00. Stick to these times consistently. You can give verbal cues like, “Now it’s time for a bath” to let your child know the routine has begun.

Sweet dreams!