

Navigating Bedtime Struggles

Kids need sleep to grow, learn, and stay healthy. Everyone feels better when they are rested and refreshed.

- **Soothing Baby.** Even an infant will take comfort in a lullaby or story. Having a bedtime routine will help a baby to fall asleep. Always place a baby on her back to sleep and remove toys and loose blankets from the crib.
- **Help Your Child Unwind.** Remind your child bedtime is next. Start talking in a quieter voice. Turn off the TV, computer, and video games at least 30 minutes before bed.
- **Set a Routine.** Help kids follow a pattern of bath time, brushing teeth, and story time. Give hugs and say goodnight in a fun way. Leaving a night light on may help a child feel more at ease.
- **Keep Kids in Bed.** If a child cannot sleep, tell him to stay in bed and sing himself a song, cuddle a stuffed animal, or remember a happy time.

