

Healthy Habits for Sleeping

Ah, sleep: the ultimate cure-all and, for many parents, the ultimate challenge. Whether you're dealing with bedtime battles or early risers, creating a solid sleep routine is one of the best gifts you can give your child (and yourself). With structure and patience, you can make sleep something to look forward to.

Stick to a Sleep Schedule



A consistent bedtime and wake-up time—even on weekends—helps regulate your child's internal clock. This stability supports better learning, behavior, and emotional regulation. Staying up later does not ensure sleeping in later.

Create a Wind-Down Routine

Calm activities like reading, gentle stretches, or a warm bath can signal to your child that it's time to relax. Tailor



the routine to their preferences, and stick with it nightly. Maybe trying reading a book at bedtime into your routine.

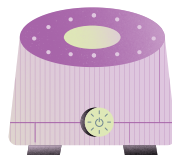
Safe Sleeping

Sleeping in their own bed. (www.aap.org) for more information on safe sleeping.



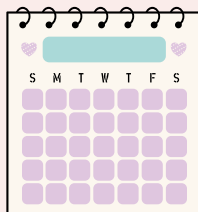
Perfect the Environment

Make their room a sleeping sanctuary. Keep it dark, quiet, and cool. A sound machine or blackout curtains can help minimize disturbances.



Adjust Gradually

If your child's schedule needs a reset (like for school or time change), ease into changes over one to two weeks to avoid meltdowns.



Limit Screen Time

The blue light from screens can interfere with melatonin production. Institute a media curfew at least one hour before bed, and charge devices outside of bedrooms.



Address Nighttime Worries



Some kids struggle to settle because of anxiety. Take time to listen to their concerns or use calming tools like breathing exercises to help them feel safe and relaxed. Make a worry box act.

Remember

- Don't worry about nighttime Potty Training until age of 6.
- Start as you wish to go on with your sleep habits.
- Create bedtime routine.
- Sleeping on their own builds confidence.
- Could it be medical?
- If you are worried something more might be going on, reach out to your pediatrician.

Strength Spot

Celebrate your child's progress in developing healthy sleep habits, even if it's just sticking to their bedtime routine. Notice their resilience when they adjust to changes and their growing ability to wind down independently. Sleep is a skill they'll carry with them for life.



COACH'S CORNER

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