



SETTING A BED TIME ROUTINE

THE POWER OF ROUTINE

- The power of a bedtime routine is not in what you do, but **how you do it.**
 - Start following a set pattern every night (e.g. bath, tooth brushing, quiet activity - story/song) for about 30 minutes starting at the same time.
 - Start early enough in the evening so you have time to get through the sequence before bedtime.
 - You can start your ritual in the bathroom or the living room; it should end in your baby's bedroom.
- Routines help children feel safe.
- Encourage repetition for mastery.

SLEEP GUIDANCE FOR INFANTS

- Put baby to bed when drowsy but still awake. This will help baby learn to fall asleep on her own in her own bed.
- Attend to the sleep environment and your child's unique needs.
- Keep your baby calm and quiet when you feed or change diapers during the night. Try not to stimulate too much.
- May try white noise machines, music, recorded stories with caveat that infants will expect the same environment at night awakenings.

INFANT SAFE SLEEP



Baby sleeps safest alone, on their back, in a crib.

SLEEP GUIDANCE FOR TODDLERS

- Set up a quiet routine before bedtime and be consistent.
- Allow your child to take a favorite thing (lovey, linking object) to bed each night.
- Make sure your child is comfortable (and healthy).
- Limit exposure to screens for at least an hour before bedtime
- Do not let your child sleep in the same bed with you.
- Remember to make daytime playtime. Talking and playing with your child during the day will help lengthen awake times and sleep for longer periods during the night.

RESOURCES

Combining literacy anticipatory guidance at clinic visits using the Reach out and Read program and more books in the home with programs like Dolly Parton's Imagination Library can help families establish a strong routine and healthy habits.

- <https://reachoutandread.org>
- <https://imaginationlibrary.com/usa>

5 Rs OF EARLY EDUCATION

- **READING** together as a daily fun family activity
- **RHYMING**, playing, talking, singing, and cuddling together throughout the day
- **ROUTINES** and regular times for meals, play, and sleeping, which help children know what they can expect and what is expected from them
- **REWARDS** for everyday successes, particularly for effort toward worthwhile goals such as helping, realizing that praise from those closest to a child is a very potent reward
- **RELATIONSHIPS** that are reciprocal, nurturing, purposeful, and enduring, which are the foundation of a healthy early brain and child development.

COMMON SLEEP PROBLEMS



Resistance and
night awakenings



Nighttime
Separation Anxiety



Nightmare



Differentiating
night terrors



Fear of the Dark



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>