

Bedtime routines Information Session



Bedtime Routines: An Information Session

Today we will cover:

- Why do we need to have a bed time routine?
- How much sleep do your children need?
- What to include in your bed time routine.
- Important things to remember.
- Why it is not good to use iPads or electronics at bed time.
- What to do if they get out of bed after you have put them into bed.



Why should we have a routine?

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- They help your children wind down before bedtime.
- They signal to your children that it's time to sleep.
- They help to provide your child with consistency and routine.
- Repeating the same steps, in the same way, at the same time each night is comforting for most children.

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How much sleep should our children have?

Age	Night-time sleep	Daytime sleep	Average total sleep
2 years	10 to 12 hours	1 to 3 hours (1 nap)	11 to 14 hours
3 years	10 to 12 hours	1 to 3 hours (1 nap)	10 to 13 hours
4 years	10 to 13 hours	0 to 2.5 hours (1 or no nap)	10 to 13 hours
5 years	10 to 13 hours	0 to 2.5 hours (1 or no nap)	10 to 13 hours



What to include in your child's bedtime routine.

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- **What to include in your child's bed time routine.**
- Start the process at the same time each evening.
- End the active play and dim the lights.
- Bath your child (if they have a bath every night and don't have sensitive skin) and change them into their pyjamas.
- Brush their teeth.
- Use the toilet/potty/ change their nappy.
- Go into their bed room and get into bed.
- Choose 1 or 2 stories that you will read to your child. Make it clear that when you have finished reading them their stories you will kiss them goodnight and then it's time for you to leave the room. If they have milk they can drink this when you are reading them their story.
- Be firm about leaving the room when the stories are finished.

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Examples of what a bedtime routine might look like.





Important things to remember.

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Important things to remember.









- Remember this should not be a rushed process but a calm and relaxing one.
- The length of your routine should be between 15-30 minutes.
- A good way to choose the time to start is to work backwards from when you want your child to be finally settled and in bed with stories finished and your special last kisses and cuddles.
- Below is a suggested bedtime for our younger children.

10-15 months	12-14	6:00 -7:30	Babies may be transitioning to only one nap in the afternoon, so bedtime may need to move earlier for a while. Bedtime should be no later than 4 hours after waking from nap.
15 months – 3 years	12-14	6:00 -7:30	Naps may end during this period, or be inconsistent. Move bedtime earlier to help adjustment to no nap.
3 – 6 years	11-13	6:00 – 8:00	Your child will likely drop the afternoon nap. Once your child is no longer napping, he will need an extra hour of sleep at night, so adjust bedtime accordingly.

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Important things to remember.

- Children like routine and knowing what is going to happen next. It may take a while before they get used to the bedtime routine but when they do they will be telling you what comes next. A visual reference can help.

Bath							
Brush teeth							
Pajamas							
Storytime							
Potty							
Lights out							
Songs							
Hugs + Kisses							

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Why it is not good to use I pads or electronics at bed time.

- Bedrooms are for sleep and not for television watching or playing on electronics. It is important that children learn from an early age that beds are for sleeping in.
- Electronics should be turned off at least an hour before your child is going to sleep. This will help them to relax and wind down.
- When you or child is beginning to feel sleepy melatonin, which is a natural hormone produced by their bodies, they begin to feel sleepy. Your child's natural body clock starts to release melatonin about 30 minutes before they fall asleep. This is triggered not only by their body clock, but also by dimming the lights and using quieter voices and doing more calming activities. The external light from the iPad can prevent the release of melatonin and stop your child falling asleep so easily.

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What to do if they get out of bed after you have put them into bed.

- Take them by the hand and put them back in their bed.
- Don't engage in conversation or make eye contact.
- This may have to be repeated several times but after a few evenings of doing this they will learn that after you have said good night they need to stay in bed.
- For those first few nights sit at the top of the stairs or just by their room so you can take them back to their room.
- They may ask for water so make sure they have a water bottle next to their bed.
- If they ask to go to the toilet take them but don't talk to them or give eye contact and put them straight back to bed.

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Any questions?



The next workshop is on 27th September and is the Dental workshop from Oasis.
Looking forward to seeing you then.



Thank you.