

**Bedtime Routines**

***Adapted from Birth to Five: Public Health Agency***

Lots of young children find it difficult to settle down to sleep – and wake up during the night but thankfully most sleep problems can be solved.

**My child will not go to bed**

***Sweet dreams***

Think about what time you want your child to go to bed.

Start a 20-minute ‘winding down’ bedtime routine.

Start this 5-10 minutes earlier each week. Bring this forward each week until you get to the bedtime you want. (Or 15 minutes a week, if your child has got into the habit of going to bed very late)

Keep the routine short, for example, read one story, tuck your child in and say “goodnight”.



Make sure favourite toy or comforter is there, if your child uses one.

Leave a drink of water within reach and a dim light on if necessary.

Wait for 5–10 minutes before going back in if your child cries. If your child gets up, put them back to bed again. **Don’t take them downstairs.**

**You might wake your child up, if you keep going in to check they are asleep! Leave it until you are certain that you won’t disturb them!**

**You might have to repeat this routine for several nights. The important thing is to be firm and not to give in.**