5 Tips to Help Your Child Sleep

1. **Keep a bedtime routine**
   - To help your child get ready for bed, set up a routine for the same time each night. Some things that can be a part of your child’s bedtime routine are:
     - Reading
     - Listening to quiet music
     - Saying prayers
     - Cuddling
     - Singing songs
     - Brushing teeth
     - Telling a story
     - Taking a bath
   - Have your child wake up at the same time in the morning and go to bed at the same time at night.
   - Do not allow your child to do things that excite him or her in the hours before bedtime (Avoid giving your child computers, video games, and watching TV).
   - Limit eating and drinking near bedtime. Try not to give your child caffeine (sodas, chocolate, tea or coffee) in the afternoon or evening.

2. **Make your child’s bedroom a quiet place for rest**
   - Children sleep better in a cool, quiet, and comfortable space.
   - Children will feel safer if they are put to bed with a doll, blanket, or stuffed animal.

3. **Exercise during the day helps**
   - Make sure your child gets physical activity every day.

4. **Be calm and a comfort to your child**
   - If your child gets up or has trouble sleeping, ask them why they cannot sleep. It might be that they need to go to the bathroom or had a bad dream
   - Keep a log to track when your child cannot sleep. Take this with you to your child’s doctor appointments.

5. **Talk about three good things**
   - At bedtime, ask your child to tell you three good things about their day.
   - Talk to your child earlier in the day about their worries.
   - Help your child relax by breathing slowly or imagining happy scenes (like being on a beach).