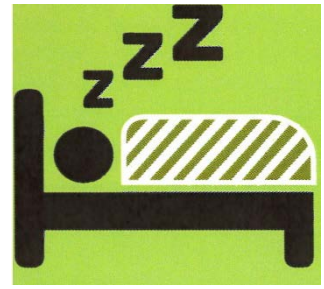


5 Tips to Help Your Child Sleep



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).

