



Toddler Bedtime Routines



★ During this this time parents can begin creating an environment that is conducive to sleep. It may include bath-time depending on the child's routine.

★ Giving your child an advanced warning about the transition is important. Setting a timers is can be a helpful tool.

★ Having options & choices allows the child to have a sense of autonomy. Let them decide what to start with.

★ Keep this part of the bedtime routine very simple. Have short talk/sing a song and say goodnight,

★ Know that some crying at bedtime is okay. Stay close by to make sure your child is able to settle down for sleep.

Pre - Bedtime

- Offer a bedtime snack
- Start winding down
- Limit screen time

Getting Started

- Give a 10 minute warning
- If possible, set a timer
- Give the child visual cues

Provide Choice

- Brushing teeth
- Pajamas
- Storytime

Say Goodnight

- Have comfort items in reach
- Keep it simple
- Leave the room

Post Bedtime

- Some crying is okay
- Stay close by
- Check-in on child once they are asleep.