

Parenting TOPIC

Getting your child into a sleep routine ...



Warning your child

Your child should be given a warning (even at an early age) voice to them" you will be going to bed in 1/2 an hour, so you will need to your brush your teeth, get into your PJs ect, even though children don't know how long 1/2an hour is, its still a warning to them and they can get themselves ready for that moment thats coming. Children respond to being notified of what is coming up.

Wind down time

It is always good to choose something quiet to do eg: a puzzle, reading, singing songs etc before bed .

Routines should start around the same time every day

Routines are good to have, always try to make bed time around the same time each day or night and not a rushed time, your child will respond to this even choosing to put themselves to bed from time to time.

Children learn at an early age by setting the same routine you will notice your child will start rubbing their eyes and setting the scene. In my experience I have found children to be very clever, if they want to out do you they will start up all sorts of conversations or cry, anything to get your attention from getting them into bed.

Did you know that if you don't make eye contact or start up a conversation with them, they very quickly know it is time to settle and will go off to sleep.

Don't rush

Bed time shouldn't be a rushed time remember your child needs to have a good bedtime experience.

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