

Bedtime

Tips to create a connected bedtime routine full of togetherness

Provide a Sense of Cooperation

- **Let your child make some choices.** Allow them to pick out their pajamas, select books, create songs together about bath time, brushing teeth, bedtime. Add verses each night to make it special.

Create a Soothing Sensory Atmosphere

- **Taste:** have your child notice the taste and sensation of the toothpaste as they brush their teeth or take a cool sip of water.
- **Touch:** warm bath; connect with your child on your lap; cuddle in bed.
- **Smell:** give your child a scent cloth that smells like you.
- **Sight:** dim lights; read stories snuggled up together.
- **Sound:** lullabies; speak in a soft calm voice.

Engage in Connecting Time

- **Using emotional expression,** talk about your day and their day, including the good and the upsetting moments, guess what happened when you were not together, and apologize for separations,
- **Say Goodnight** to each other, the moon, and those you both love,
- **Cuddle in bed** until your child drifts to sleep, providing a sense of security and love.

