

**Bedtime Routines**

***Adapted from Birth to Five: Public Health Agency***

It can take patience, consistency and commitment, but thankfully most sleep problems can be solved. Lots of young children find it difficult to settle down to sleep – and wake up during the night. If your child is suffering from lack of sleep, you may like to try some of these suggestions:

**My child will not go to bed**

* Think about what time you want your child to go to bed.
* Close to the time that your child normally falls asleep, start a 20-minutes a week (or 15 minutes a week, if your child has got into the habit of going to bed very late) until you get to the bedtime you want
* Try to set a limit on the amount of time you spend when putting your child to bed, for example, you could read one story only, then tuck your child in and say goodnight.
* Make sure a favourite toy or comforter is close at hand, before settling into bed, if your child uses one.
* If your child cries, wait for 5–10 minutes before going back in and settling them down again. Don’t take them downstairs. If your child gets up, put them back to bed again.

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* Leave a drink of water within reach and a dim light on if necessary.

 If you keep checking your child, you might wake them up, so leave it until you are certain that they are asleep.

 **You might have to repeat this routine for several nights. The important thing is to be firm and not to give in.**