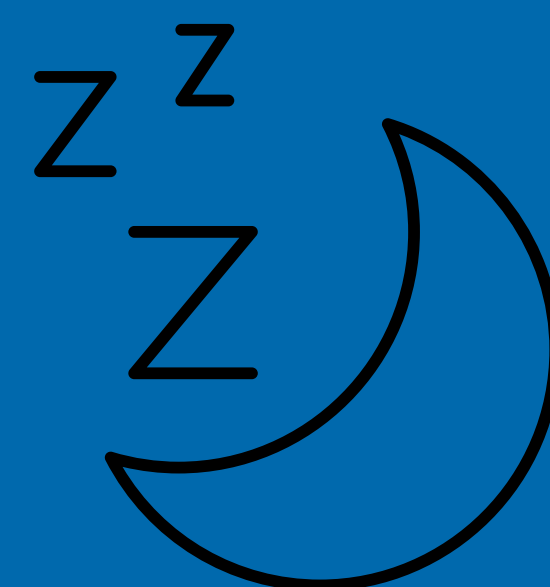
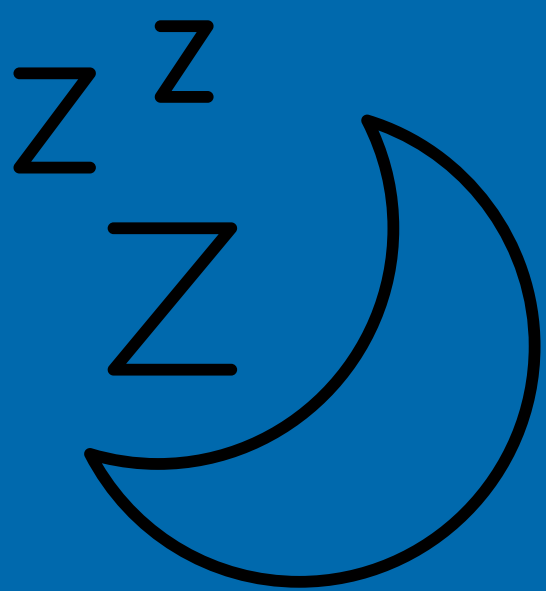


HEALTHY SLEEP CHECKLIST



- Establish consistent bed and wake up times.
- Create a consistent bedtime routine. (e.g. bath, PJ's, brush teeth, story time)
- Avoid sugar and caffeine before bed.
- Turn off electronics leading up to bedtime.
- Create a cool, dark environment.
- When a child cannot fall asleep, get out of bed until the child is sleepy.





NAP TIME ROUTINE



TIPS



Help Children Relax

Transition gradually from active play to nap time so the children have time to adjust their energy levels.



Practice Deep Breathing

Take deep breaths to slow down the heart rate, lower blood pressure, and promote a feeling of control.



Visualize a Happy Place

Create a peaceful image in the children's minds.



Listen to Music, Read Stories or Lullabies

Calming music or stories can help a child regain balance.



Stick to the Routine

Routines help children thrive. A consistent nap schedule will adjust their biological clocks.



Set Realistic Expectations

Be aware of your energy and emotions. Create a plan for unexpected situations.

