



Mechi Nazar  
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Creating the best bedtime routine  
(for all ages!)

# How to create the best bedtime routine?

Routines are the best way to promote anticipation: as adults we anticipate to our children what will come next by setting up the environment in a specific way. In this case for a better night sleep.

The bedtime routine should include the following elements:

## 1. Repetitive

We repeat the same sequence of activities every night before going to bed.

For example: Pajamas - Story - Massage - Deep breathing - Hugs and kisses - Sleep.

## 2. Predictable

By repeating the same routine, it becomes predictable for our children. Knowing what comes next makes them feel safe, calm, and relaxed.

## 3. Consistent

We do the same thing every night.

#### 4. Flexible

We can adjust the routine if our child wants to add something new.

#### 5. Affectionate

The bedtime routine should be a moment of connection with our children, free from screens. We make eye contact, share something about our day, and give hugs

#### 6. Relaxing

All activities in the routine should help your child wind down and relax. Pay attention to which activities help, and include them in your bedtime routine.

When children feel relaxed, they are able to fall asleep easily and they are able to sleep better at night

#### 7. Extra tip!

Avoid screens for two hours before bed, as the glow from devices can interfere with sleep



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Does your family need help getting the  
sleep you all deserve?

Just contact me!

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