

Parenting Tips: Successful Bedtime with Kids

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Have a Routine

1 It will be different for each family, but a routine helps kids know bedtime is coming. What I've found works is doing a routine together (giving them a bath, getting pajamas on, and having them brush their teeth) and she seems to go to bed better when I do that with her and when we do it together like an activity.

Wind-Down Time

2 Start your bedtime routine early, and have some time to wind down. Wind-down time is quiet activity time, like reading books, doing puzzles, coloring, or watching TV. We watch a show to wind down, and I'm clear about how long until bedtime. Sometime she gets upset, but I can redirect her with the activity (routine) I talked about earlier.

Be Consistent!

3 Kids do well when they know what to expect. Have a bedtime that's the same (or about the same) every night. Do the same routine every night, and they'll get to know it and expect it. That way there won't be as many meltdowns or tantrums if they know it's coming!