



WEEK TO SLEEP™

Example Bedtime Schedule

5:00 pm Dramatic Books, Screen Time, or Play Time

Read books, have active play, go for a walk, have fun!

5:45 pm Dinner

Ideally enjoy dinner as a family at the table with no screens. Connect and chat with your little one.

6:20 pm Bath

Start with fun and engaging energy, towards the end of bath start talking less, dim the lights and create a relaxing spa like environment- this is crucial for sleep success, do not skip the relaxation time in bath.

15-30 minutes

6:50 pm Book Time: two short or one long bedtime book

This should be relaxing, and very routine. No extra books here! Read in a chair together vs. reading on the bed.

No longer than 10-15 minutes!

7:00 pm Lights Out

Turn lights off, sound machine on, help your little one in bed. Say goodnights, love, and sing one song one verse if you choose. The, rub your little's back slowly and decrease speed and pressure. Do not talk from the back rub on. Slowly and quietly leave the room.