

The Sleepy Game



WEEK TO SLEEP™

Have your little one practice saying goodnight to their favorite stuffed animal or toy. Tuck them in, sing a goodnight song- *make it similar to the bedtime routine.*

Have the stuffy pretend to get out of bed, then decide to stay in bed and use these tactics:

1. Wiggle toes slowly and take deep breathes in and out
2. Quietly sing a song
3. Snuggle other stuffed animals and get cozy
4. Think of a special thing to dream about- unicorns, a museum, a trip to the moon, an adventure!

Remind the stuffy to stay in bed! That they can fall asleep on their own at bedtime and in the middle of the night.

Next have your little get in their bed and go through these steps as well! You can also pretend to go to sleep in their bed and practice staying in while your little one pretends to be the grown-up!

Make this fun and silly!