



the
branch

BEDTIME ROUTINES *Booklet*



Bedtime Routines



Hello mama!

Getting kids to bed can sometimes feel like a challenge, but establishing a consistent bedtime routine can make a world of difference. Bedtime rituals help signal to children that it's time to wind down and prepare for a restful night. This booklet is designed to guide you through creating a soothing and structured bedtime routine that can help your child fall asleep faster and wake up feeling refreshed.

XO,

The Branch Moms

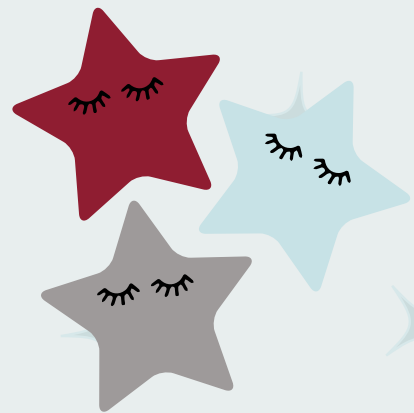
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The Importance of a Bedtime Routine for Kids

A bedtime routine isn't just a way to get kids into bed—it helps promote better sleep quality and builds healthy sleep habits. A good night's rest supports:

- Physical growth and brain development
- Improved mood and behavior
- Better concentration and learning abilities
- A stronger immune system



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Crafting the Perfect Bedtime Routine



Wind Down Time

Set a Consistent Bedtime:

Children thrive on consistency, so aim to have your child go to bed and wake up at the same time every day, even on weekends. A consistent sleep schedule helps regulate their internal clock.

30-Minute Wind-Down

Period: About 30 minutes before bedtime, help your child transition into their nighttime routine. This is the time to turn off screens, slow down activities, and begin preparing for bed.

Quiet Activities Before Bed

Story Time or Reading:

Reading a favorite book together or encouraging your child to read quietly on their own can be a wonderful way to unwind. Opt for calming stories to help them relax.

Puzzles or Coloring: Quiet, screen-free activities like puzzles or coloring are a great way to keep your child engaged while winding down their energy before bed.



3

Evening Self-Care Routine

Bathroom Time

Bath or Warm Shower: A warm bath or shower not only helps clean up after a long day but also relaxes your child's muscles, signaling to their body that it's time for bed. Consider using calming bath products, like lavender soap, for extra relaxation.

Brush Teeth: After bath time, help your child brush their teeth and make it part of their regular bedtime routine. Keeping up with dental hygiene helps them develop good lifelong habits.

Use the Bathroom: Make sure your child uses the bathroom before bed to avoid waking up in the middle of the night.

Pajamas

Let your child choose their pajamas to make this part of the routine fun. Soft, comfortable pajamas help them feel cozy and ready for sleep.



4

Creating a Calm Sleep Environment



Dim the Lights

About 30 minutes before bed, dim the lights in their bedroom to signal to their body that it's time to wind down. Soft lighting or a nightlight can also help if they feel uneasy in the dark.

Temperature

Just like adults, kids sleep better in a cooler room. Try to keep the bedroom temperature between 65-70°F for a restful sleep.



Cuddly Companions

If your child has a favorite stuffed animal or blanket, make sure it's part of their sleep environment. Having familiar objects close by provides comfort and security.

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Sleep-Enhancing Tips for Kids

- **Limit Screen Time Before Bed:** Blue light from phones, tablets, or TV screens can interfere with your child's ability to fall asleep. Aim to turn off screens at least 30 minutes before bed to promote relaxation.
- **Encourage Relaxation Techniques:** For older children, introduce simple relaxation techniques like deep breathing or imagining a peaceful place. This helps calm their mind and body as they prepare for sleep.
- **Nightly Gratitude Practice:** Before bed, encourage your child to share one or two things they're thankful for. This simple practice helps them focus on positive thoughts and sets a calming tone for the night.



Sample Bedtime Routine

Here's a simple bedtime routine that can work for children of all ages:

- 7:30 PM – Wind Down
 - Turn off screens, dim the lights, and engage in a quiet activity like reading or coloring.
- 7:45 PM – Bath Time
 - A warm bath or shower to relax the body, followed by brushing teeth and using the bathroom.
- 8:00 PM – Pajama Time
 - Let your child pick out their pajamas and tuck in their stuffed animal or favorite blanket.
- 8:05 PM – Story Time
 - Read a calming bedtime story together or let your child read quietly on their own.
- 8:20 PM – Lights Out
 - Tuck them into bed, dim the lights or turn on a nightlight, and say goodnight.

Troubleshooting Bedtime Challenges

Sometimes, even with the best routine, bedtime can still be a challenge. Here are a few tips to handle common bedtime issues:

Nighttime Fears

If your child has nighttime fears, talk to them about what's bothering them during the day and offer reassurance. Use a nightlight or soft music to create a comforting sleep environment.

Difficulty Falling Asleep

If your child struggles to fall asleep, keep the routine consistent. Avoid overstimulation close to bedtime and create a calming pre-bed environment.

Waking Up in the Middle of the Night

If your child wakes up in the night, stay calm and guide them back to bed. Avoid making it a time for playing or talking too much, so they can easily fall back asleep.



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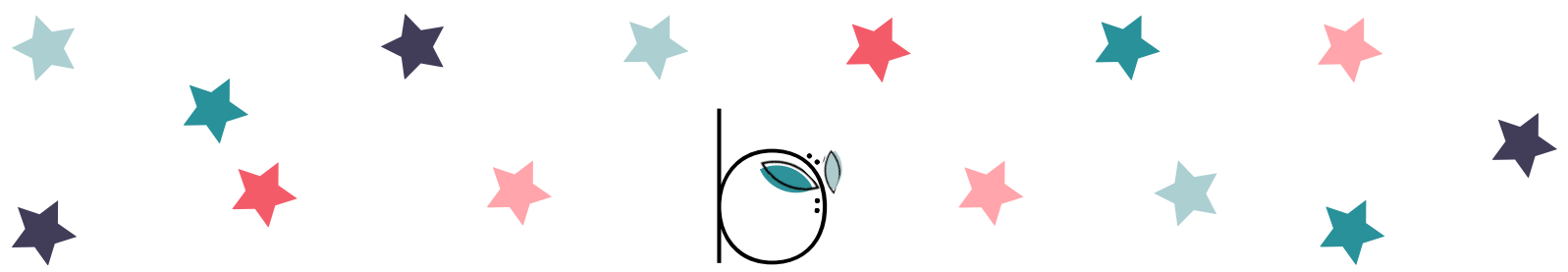
A bedtime routine is more than just getting your child to sleep—it's about creating a peaceful, predictable end to their day. With a solid routine, your child will fall asleep faster, sleep more soundly, and wake up ready to tackle the day. Sweet dreams to your little one! Using a visual can help. The following pages are templates you can use or create your own to work for your family.

Sweet dreams!
♥ The Branch Moms



Bonus: Bedtime Story Ideas

Goodnight Moon by Margaret Wise Brown
The Gruffalo by Julia Donaldson
Where the Wild Things Are by Maurice Sendak
The Very Hungry Caterpillar by Eric Carle
Brown Bear, Brown Bear, What do you See? by Eric Carle

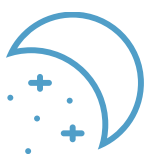


Bedtime Reward Chart

	MON	TUES	WED	THURS	FRI
TAKE A BATH					
BRUSH TEETH					
CHANGE INTO PAJAMAS					
SAY THANK YOU FOR THE DAY					
GO TO SLEEP					
HOW MANY POINTS I EARNED: ___					



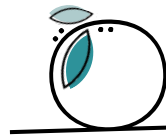
MY GOODNIGHT LIST



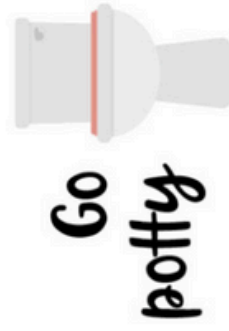
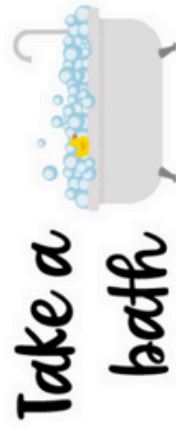
This chart belongs to:

	M	T	W	TH	F	S	SU
Pack away toys							
Fix schoolbag							
Wash my face							
Brush my teeth							
Say a prayer							

IF I DO ALL THE TASKS, I:



GOOD NIGHT!



LET'S GET READY FOR BED!

S	M	T	W	TH	F	S

BRUSH
YOUR
TEETH



PUT ON
YOUR PJ'S



PICK UP
YOUR TOYS



READ A
STORY



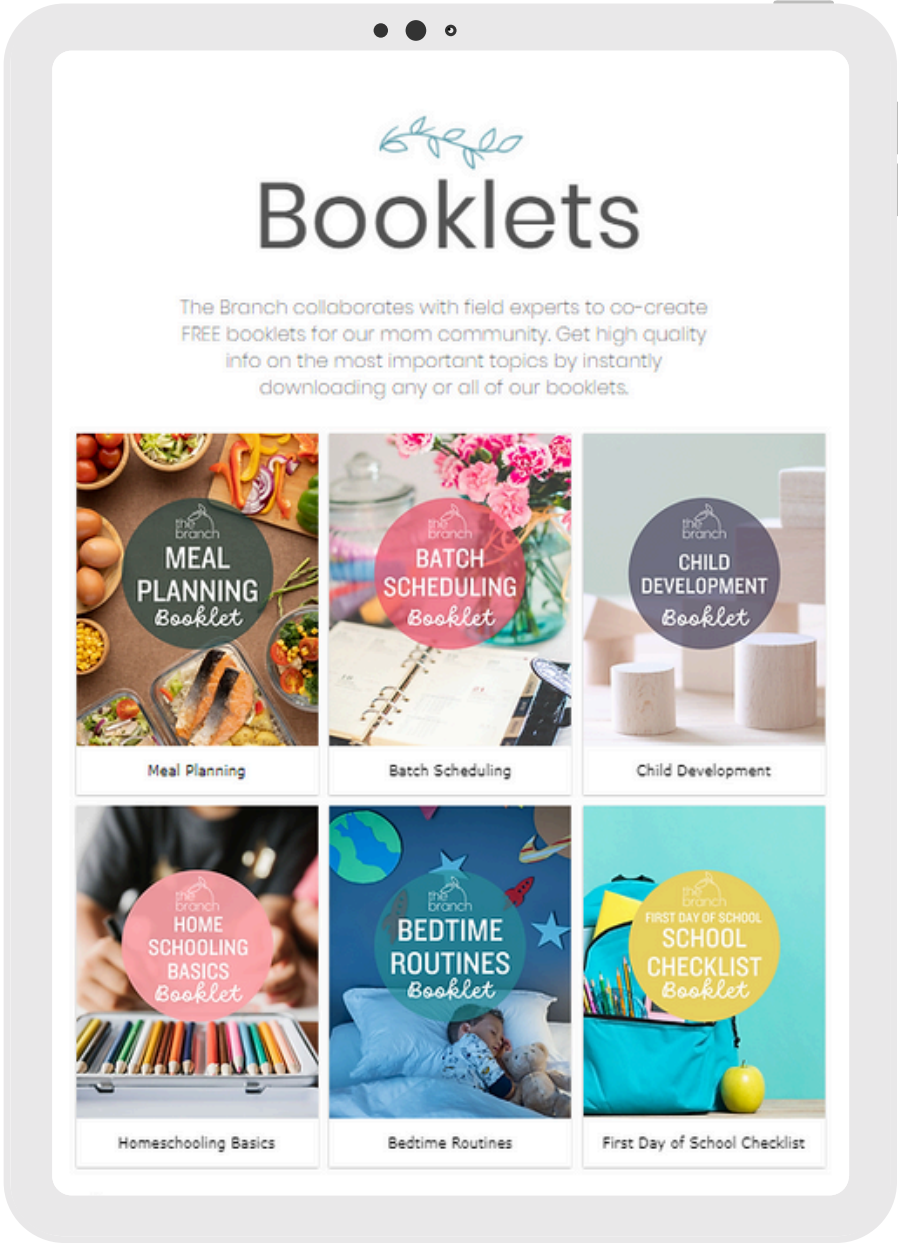
LIGHTS
OUT



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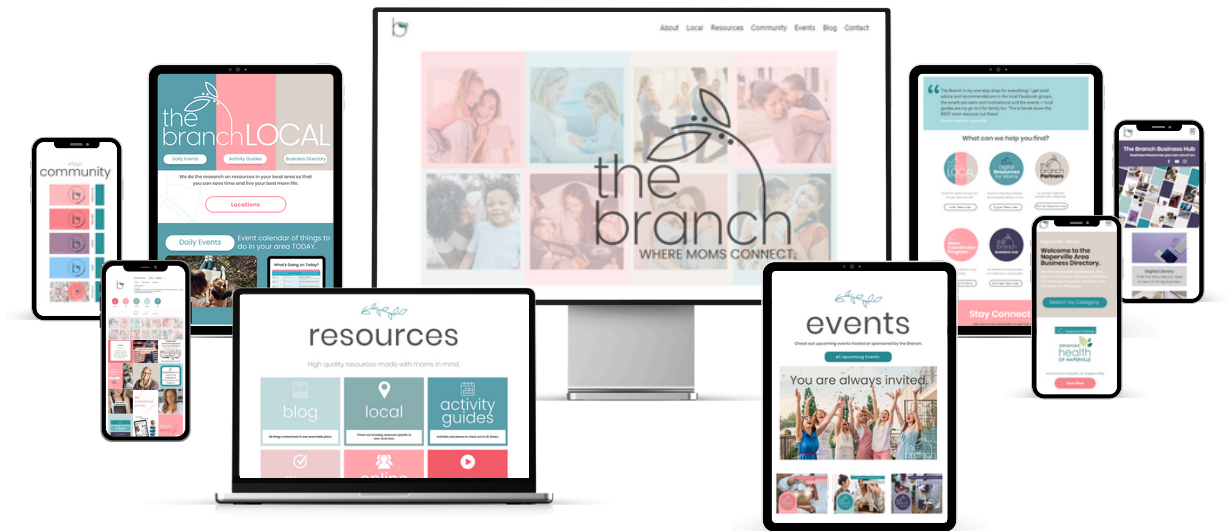
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