

Sleepy Time Tips:

HAVE A ROUTINE. The first step in having a good sleep routine is to have a method to the madness of bedtime. Keep an order to everything you do before officially powering down, so that your little robot knows that sleep is on its way!

CLEAN THE COGS. Whether it's a soothing bath or brushing teeth, incorporate maintenance into your bedtime routine to instill good habits early on.

POWER DOWN EVERYTHING ELSE! Prevent the stalling sequence by avoiding the use of electronics, including TVs and smart phones that will distract your little one. Dim the lights and power off unnecessary electronics to turn his or her bedroom into a quiet and calm sleep environment.

READ A BEDTIME STORY. Nothing helps activate the dream sequence like reading a good book—or two or three!—before bedtime.

SAY GOOD NIGHT. Address anything from stuffed animals around the room to household pets. Or peek out the window and bid good night to the houses on the block so that your child sees that at bedtime, everyone is powering down together.

