



My Child's Sleep Routine

As a parent, you can play a role in helping your child get a good night's rest! Getting good sleep can help your child's body, feelings and thinking.

Good Sleep Habits are Key

Even though it can be hard to get into good sleep habits, the rewards are worth it! Developing these habits can give your child the rest he or she needs to be healthy and strong.

A great way to get your child into good sleep habits is to do the same things each night before you go to bed. This is called a **sleep routine**.

Source: National Sleep Foundation | Any information included in this material is not intended to replace medical care or advice from your doctor. Any references to other companies or internet sites are not an endorsement or guarantee of the services, information or products provided. Passport does not take responsibility for anything that may result from the use, misuse, interpretation or application of the information in this material HLTH63051 INT APP_12/24/2020



How to Make Your Child’s Sleep Routine

You and your child can complete the activity below to make his or her sleep routine. Then hang it up in your child’s room, the bathroom or on the refrigerator. Doing this will help your family remember these habits and keep the same routine every night.

1 Step 1:

- Decide what you want to do when you’re getting ready for bed and circle the pictures inside the box.
- If you have things you do that are not on this list, you can draw them inside the blank boxes.

2 Step 2:

Number the pictures that you circled in the order you’ll do them.

It’s best to stop looking at screens at least one hour before going to bed. This includes TVs, computers, tablets and video games. Try to put “Turn Off All Screens” down as #1. The rest is up to you!

3 Step 3:

Once you’ve numbered the pictures, cut them out and glue them in order on a separate sheet of paper. You can keep this sheet of paper handy in your bedroom.

4 Step 4:

At the top of the chart, write down what time you’ll start your new routine each night.

Note to Parents:

On top of turning off all screen devices an hour before bedtime, remind your child to drink only water after school. Drinking soda, tea and coffee in the afternoon and evening will make it harder for them to fall asleep.

Time I Start My Routine: _____

Time I’d Like to Close My Eyes to Sleep: _____

We’re Here for You!

If you keep having sleep problems, please talk to your doctor at your next visit. If you have any questions in the meantime, we’re here for you. Just call us at **1-800-578-0603 TTY:711**. We want to help you.



#___ Put Pajamas On



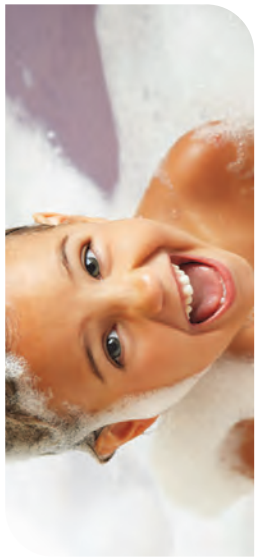
#___ Sing a Bedtime Song



#___ Get in Bed



#___



#___ Take a Bath



#___ Read a Book



#___ Stretch My Body



#___



#1 Turn Off All Screens



#___ Brush My Teeth



#___ Say My Prayers



#___ Turn the Lights Off