

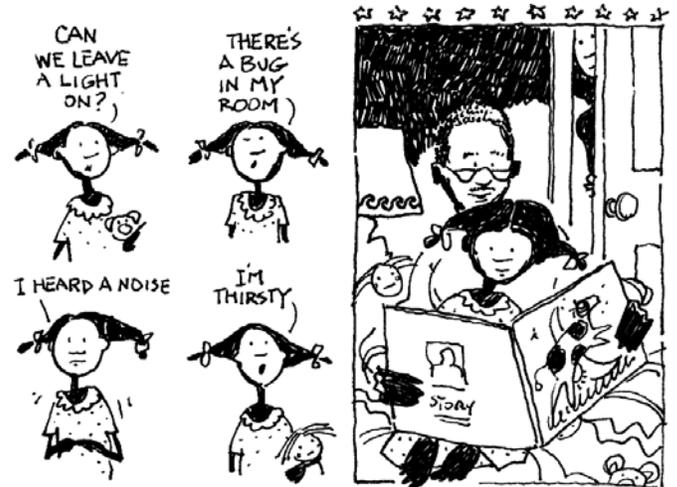
## Is It Time for Bed?

**W**hen I was a newborn, I couldn't sleep through the night. I needed to be fed and changed regularly. By the time I was 6 months old, I was big enough to sleep through the night. But I needed your help learning how to do that.

Now my problems are that I hate to miss out on things and sometimes I have a hard time settling down. That's why I find lots of excuses to stay awake.

### What I Want You to Know

*Calming down and falling asleep are things I have to learn.* There are things you can do to help me sleep better, regardless of my age.



When you get angry or when you threaten me, it is harder for me to calm down and go to sleep.

*Pay attention to how much sleep I need.* Some children need more sleep than others in order to function well. If you plan my sleep routine around my body's needs, we may have fewer struggles at bedtime.

## Here's How You Can Help Me

When I am first learning to sleep through the night, I may need your reassurance that I am okay. You can do that by patting me on the back and talking to me.

A dark room can be a scary thing to face all alone. I might feel safer with a night light.

As I get a little older, *night time can be our special time*. Some of the things that help me settle down and let me know it's time for bed are: taking a bath, brushing my teeth, getting in my pajamas, reading books, singing, talking about the day, and snuggling.

I may also need a special blanket or stuffed animal.

If you want me to go to bed at 8:30 p.m., maybe you could start getting me ready about 7:30 p.m. *Let me know what the routine is, including time limits, and help me stick to it.*

Don't send me to bed as a punishment. It will only make me dislike going to bed.

Bedtime can be a time for settling down and ending the day on a positive note. *I feel loved and important when you take time to help me get ready for bed.*

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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