

Bedtime TOOL KIT

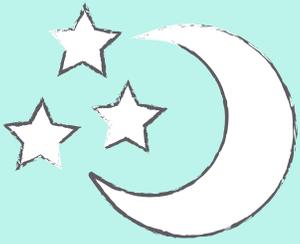
1. Lay a Foundation for Sleep

Why: It's never too early to create a foundation of understanding for the whole family that sleep is one of the things that helps us to be safe and healthy. Not just for kids, but for adults too!

For a few days before you implement your new plan,

- Educate your child on WHAT good sleep looks like: We get our body, mind and heart ready for sleep and then we rest in our beds quietly, and stay there ALL night long.
 - You may want to read books about bravery and courage to help normalize their feelings and help them feel more confident.
- Talk about WHY sleep is important. We sleep so that our mind can learn and our body can have the energy it needs to do fun things all day. Add on in age appropriate ways: Sleep gives us additional patience and better immunity, helps our bodies grow and learn new skills, etc.
- Encourage them to be **cooperative, independent and responsible**. These are key skills needed to implement a sleep plan successfully, but first you want them to own these characteristics in other areas like mealtime, getting out the door, diaper changes or transitions. Catch them demonstrating these and acknowledge it whenever you can in the days leading up to your sleep plan.

Kristine Petterson



Bedtime TOOL KIT

2. Connect Mindfully

Why: Creating a conscious connection with your child throughout the day helps to fill their cup – and yours! As you deepen your connection you build new bonds and create trust. You also create more of the calming hormones and over time help your child reduce alerting hormones that could be causing some of your sleep woes.

1. Connect deeply during good times

10 minutes a day Let your child decide what game or activity you'll play

2. Be silly and/or supportive in challenging times

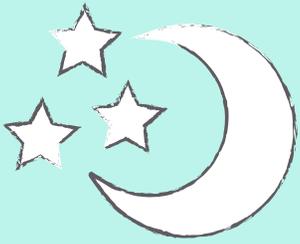
Ease Transitions

talk in a silly voice, or as their favorite movie character, pretend your child is a vehicle or animal, give them a ride to where you need them to go.

Validate

"You feel frustrated when ___" , "I know you're not ready to leave yet. You've had so much fun.", It's hard to say goodbye to another day, isn't it? You just want to keep playing because you have so many ideas. But now it's time for our body to rest."

Kristine Petterson



Bedtime TOOL KIT

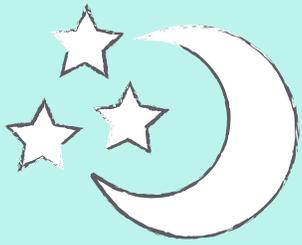
3. Plan a Routine That Feels Good

Why: You want a bedtime routine that creates sweetness between you and your child while letting their body and brain know that bedtime is coming.

I recommend adding one of these into your bedtime routine after lights out and before your "out the door" song so that your child can have one last bit of choice, control and connection.

- **Back Writing:** have your child show you what it feels like to rest their body quietly, and once they are settled you can slowly draw a shape on your child's back and see if they can whisper what shape it is. For kiddos learning the alphabet you can try writing letters.
- **Pizza Massage:** pull their PJ top up so you can "knead the dough" of their back and then roll out a pizza. Next, spread out some sauce in a big circle and let them choose 3-4 toppings that you can s-l-o-w-l-y put on their back using different methods of touch and pressure. Tickle some cheese on top when they are done and pull their shirt down to put the pizza in the oven.
- **Heavy Hands:** This is a "deep pressure massage" of the major joints. You'll begin at the shoulders, squeezing gently for 2 seconds, slowly slide your hands down to the hips and do the same, then knees, ankles, feet. Go Back up to shoulders for a squeeze and then go down arms: elbows, wrists and hands. NOTE: This is calming for the nervous system and is a great option for kiddos who become too excited about pizzas or shapes - to some kiddos they can seem like a game.

Kristine Petterson

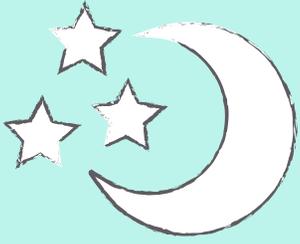


Bedtime TOOL KIT

Build Your Bedtime Routine

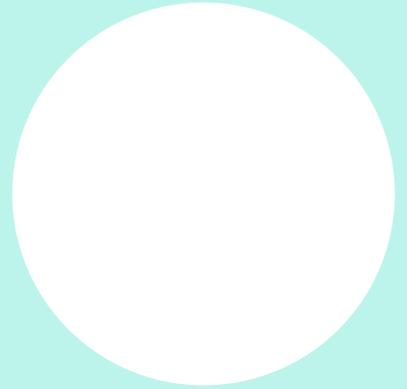
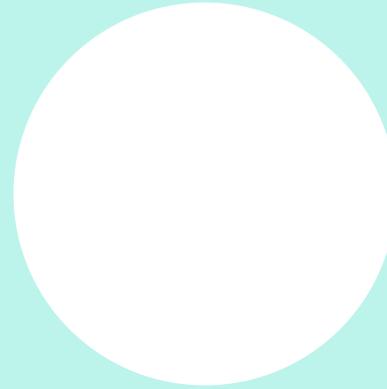
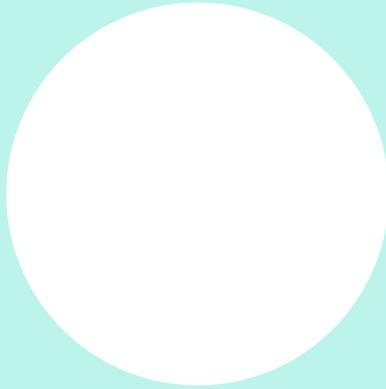
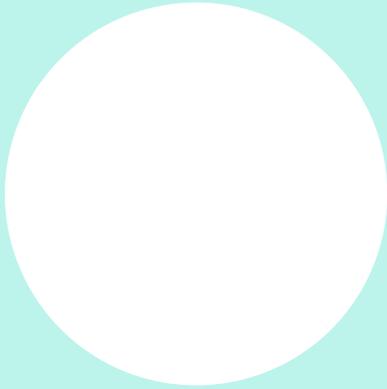
- Customize your routine by printing it and helping your child write their name at the top.
- You want your routine to take about 30 minutes - no longer or your child may re-alert and become silly/active again.
- Think of the 4 "landmark" tasks on the path to sleep that you want to highlight that help prepare the body for sleep, and draw images in the circles to represent those tasks.
 - Some families use "bedtime snacks", "pick-up toys" or whatever is key for your little one to remember and do.
- Then there are 4 tasks that help to prepare your child mentally and emotionally for bed: calming the body and having cuddles with parents is key here.
 - I find connection activities like pizza massage to be very helpful as they give kiddos control and choice, which is what many are wanting.
- Prep your child, show them the routine, maybe draw some pictures on back to go along with your routine. Give them control, "what's next on your routine?" "Can you show me how you get your jammies on?" "Do you want to be the one to turn out the light or should I?"
- Once you've created your routine, stick to it every night (and for naps if they are happening still) so that it becomes a well-worn pathway.

Another option is to use the routine *Kristine Petterson* I have created as an example here, it's the routine I include in most my toddler sleep plans.

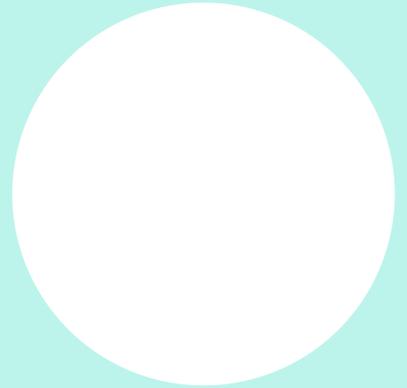
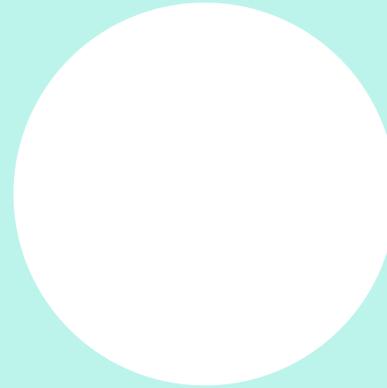
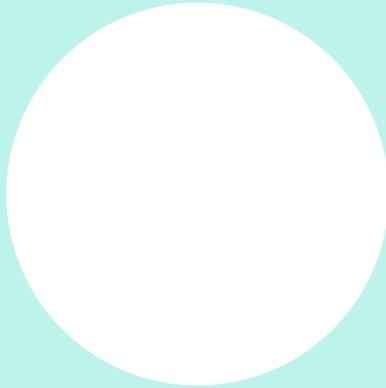
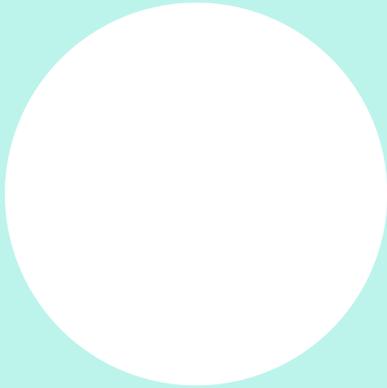


Bedtime ROUTINE

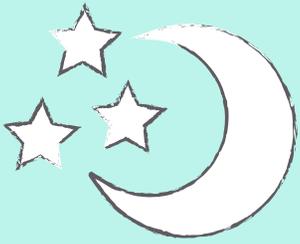
Get Your
Body Ready
for Sleep



Get Your
Heart & Mind
Ready for
Sleep



Kristine Petterson



Bedtime ROUTINE

Get Your
Body Ready
for Sleep



Go Potty



Wash Up



Pajamas



Brush Teeth

Get Your
Heart & Mind
Ready for
Sleep



Read Books



Lights Out

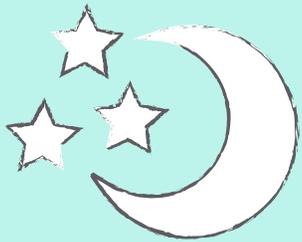


Heavy Hands



Goodnight
Song

Kristine Petterson



Bedtime TOOL KIT

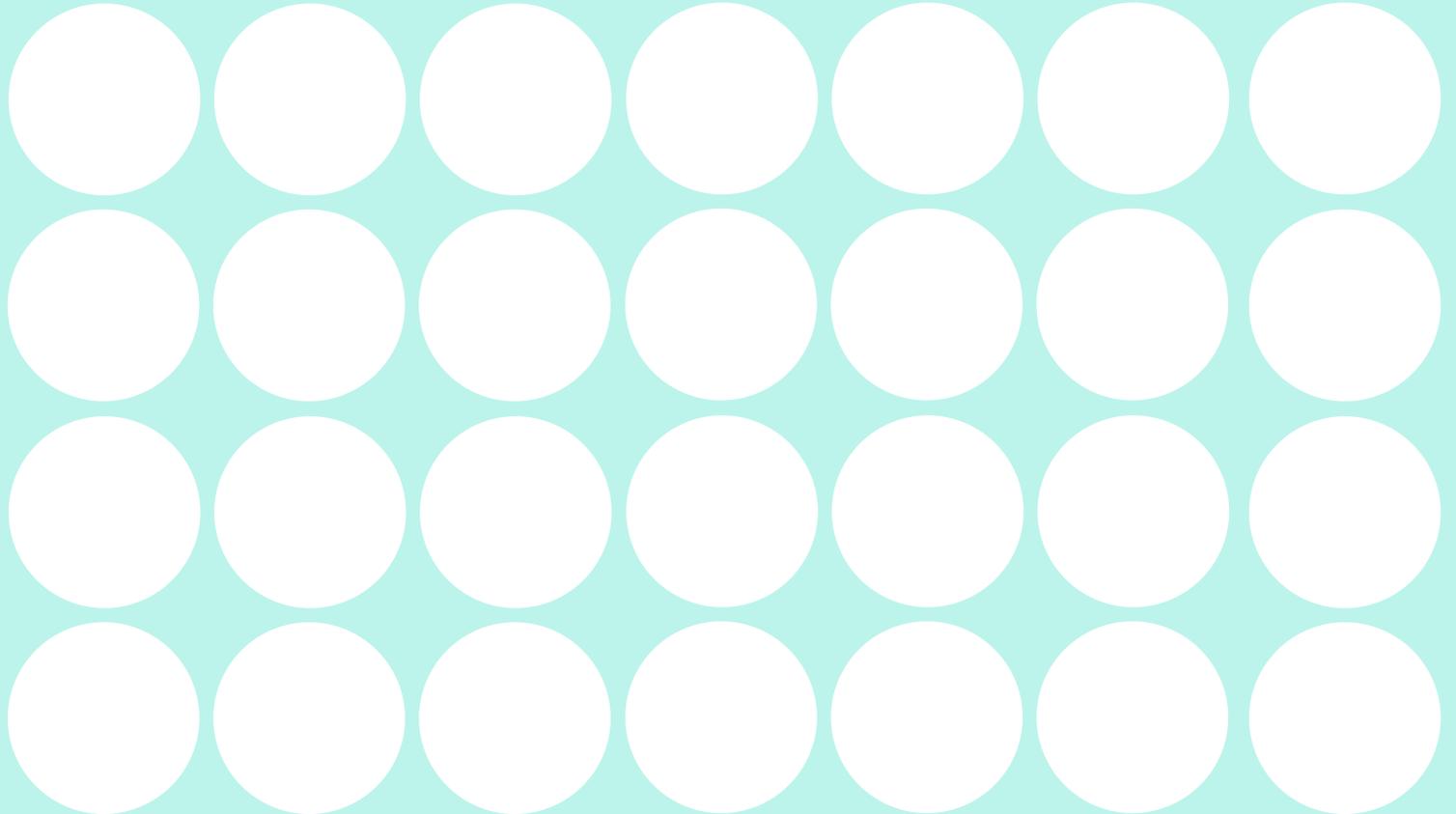
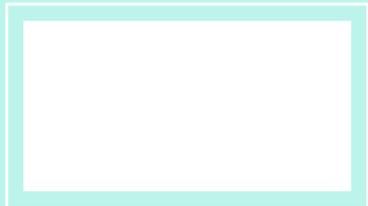
Using The Reward Chart

- Customize your reward chart by printing it and helping your child write their name at the top.
- Identify which day of the week you want to start and set up the top row of tiny boxes from there.
- In the column on the left put the 4 key steps to your bedtime routine that you want to positively reinforce. Most families use things like "potty", "pajamas", "brush teeth", "resting quietly", or "all night", etc.
- Putting the reward chart in the bathroom is helpful - you can give stickers for brushing teeth and getting pajamas on at night when completed cooperatively, and then in the morning after kiddos go potty you can give them stickers in the appropriate boxes for resting quietly in their bed all night.
- Rewards: for some kiddos just checking off the boxes is a great reward. Task Accomplished! You might opt to give stickers if you think your child would respond more helpfully to that. However, after a week or so, the intrinsic reward of a sweet bedtime and feeling better rested should be enough, and you can simply check it off, or put a star in each circle.
- If they don't cooperate, or you have to do it the hard way, then do not check the box or give a sticker, "Oops, you didn't cooperate with teeth brushing tonight, but we can try for a sticker tomorrow." Then move on to the next task.

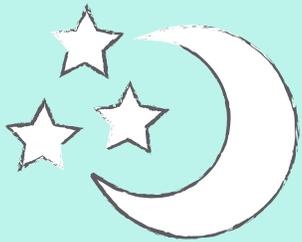
Kristine Petterson



Bedtime REWARD CHART



Kristine Petterson



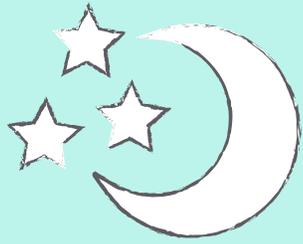
Bedtime TOOL KIT

4. Implement & Be Consistent

Why: Children thrive on predictability. When they know what activity is coming next and they have some control over it, their nervous system calms. This makes it easier for them to demonstrate the cooperation independence and responsibility mentioned earlier, it also makes it easier for their bodies to relax and get the rest they need.

- As you lay your foundation and explore new ways to connect for 3-4 days you can build your bedtime routine and prepare to implement it.
- Let your child know the new expectations for sleep: Rest in bed quietly, Stay in bed all night long (until your clock turns green).
- Make it clear, "tonight will be different, you'll be sleeping in your bed all night long and it's going to take courage and hard work to learn these new habits, but you'll get some fun rewards for them, too!"
- Praise Stickers - when your child follows your new expectations, in the morning you can give them a sticker to wear and let that sticker remind YOU to thank them all day long and share their success with others. You can give extrinsic rewards like toys, but what your child wants most is to have their hard work noticed.
- Establish some long term rewards that are more meaningful. Hint: a special 1-1 date with a parent or loved one is what most kids want most.

Kristine Petterson



Bedtime TOOL KIT

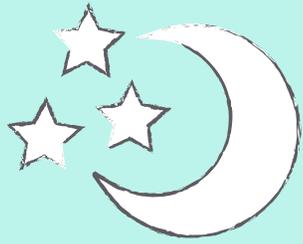
Hint's and Tips

Offering Choices is key to empowering little sleep superstars. These are common options to give:

- You may come over to the sink to brush your teeth, or I can help you. Which do you choose?
- Here are 2 pj's which one do you want to wear tonight?
- Here are 2 bedtime books, which one would you like first?

Use an **Okay To Wake** clock such as Hatch that can be programmed to be red at night and green when it's time to get up.

- Use a fun rhyme to teach them.
- "If it's red go back to bed" & "Green means go!"
- You may need to kindly coach them the first few nights, "oops, did you forget to look at your clock, what color is it?"
- Make sure you set it to realistic times for your child, when their body normally wakes up, then you can shift it a few minutes later after they've got the routine down.



Bedtime TOOL KIT

Hint's and Tips

I love to sing Moon Moon Moon by Laurie Berkner on my way out the door. The lyrics are calming and sweet, but they also empower kiddos to feel safe and secure knowing that the moon is always there.

Cut out one of the images of the moon below and stick it on the wall where they can see it when they wake up at night.

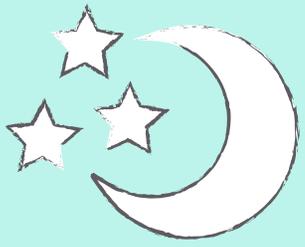
Moon Moon Moon by Laurie Berkner

Moon moon moon, shining bright
Moon moon moon, my nightlight
Moon moon moon, I can see
Moon moon moon, you're taking care of me

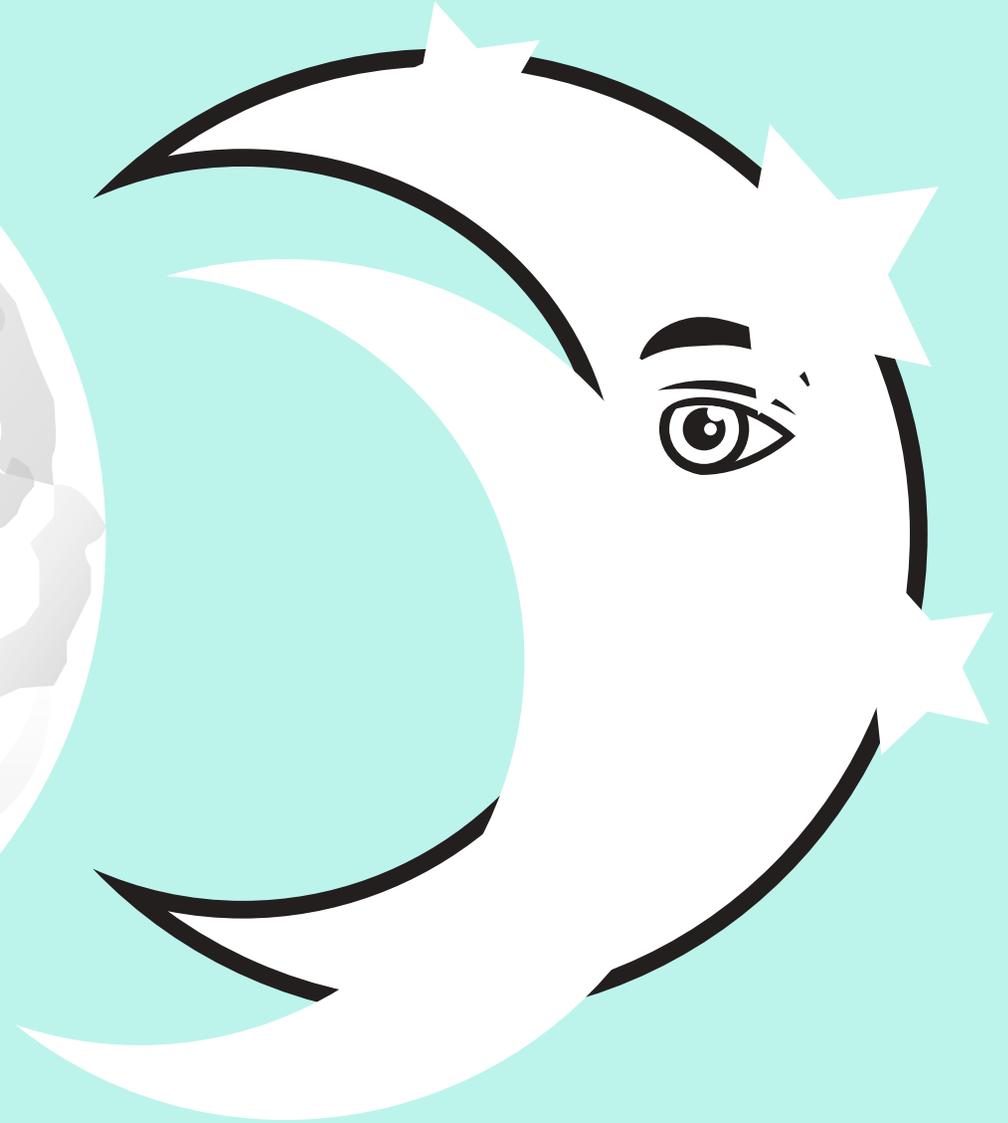
Moon moon moon, shining bright
Moon moon moon, my nightlight
Moon moon moon, I can see
Moon moon moon, you're taking care of me

Look up, it's the moon, Look up, it's the moon
Look up, it's the moon up in the sky
It's big and round and I have found
That it looks just like a pizza pie!

Kristine Petterson



Bedtime TOOL KIT



Kristine Petterson