



Bedtime

Young children are **VERY** active and require a long period of sleep each day to give their bodies time and energy to grow.

stuffed animal, pillow). Your child may need a dim night light if they are afraid in the dark.

✓Encourage reading 3 AFTER he before lights are out.



e cooperation by or 4 stories is in bed and

Develop Bedtime Routine so that your child will know what to expect and will feel more secure knowing what is going to happen.

✓Be firm about the body **staying in the bed**. For children who wander from bed, put them right back into the bed. Be silent until they are back in bed.

Pointers for Parents

✓Limit active play to early evening hours.

✓Encourage quiet play for 30 minutes to 1 hour before preparing for bed.

✓Be sure to signal that bedtime is coming before you actually begin getting ready.



✓Make **bedtime** the time your child's body is in the bed.

✓Be as calm as possible about the bedtime routine. Your tension will affect your child. Bedtime struggles cause children to dread bedtime.


✓Be pleasant and be firm.

✓Help as much as needed to keep him/her moving.

(Put the paste on the tooth brush or help with Pajamas. Ignore the overly tired child's resistance, whining or crying.

✓Have their comfort object (blanket,

For Further Information Contact:



Comfort him/her and say, "You played so hard today. You are tired tonight.")



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPI (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Parent Support Series, Parent Tip Sheets, #8: Bedtime.

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