

Get Good Sleep!



It is important for your growing child to get a good night sleep and a great way to help with that is a routine at night. Here are a few great tips to get your child in bed and sleeping well for the night.

1. No screen time at least 1 hour before bed
2. A set bedtime routine:
 - shower
 - brush teeth
 - read
 - a short, meaningful conversation about their day
 - lights out
3. Set bedtime (see recommended hours of sleep For your child based on age)
4. Best to have no TV or tablet in bedroom

