

October

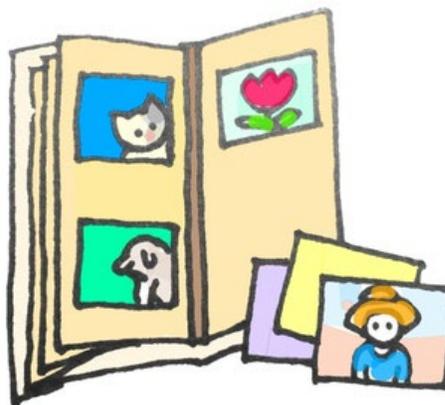
Bedtime Routines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez				1. The first thing to do to make bedtime as calm and “routine” as possible is to have a set bedtime and stick to it!	2. Get ready for bedtime each morning by helping your child make their bed. This signals the start of the day, and unmaking it at night means it is time for the end of the day!	3. Weekend Wrap-Up Visit your local library and pick up some new books to read at bedtime.
						
4. Favorite Things	5. Children love to wear pajamas at any time of day but keep a special pair or 2 that they can only wear at bedtime. They will look forward to putting them on when it is time to go to sleep.	6. Let your child help pick out their own bed sheets that are their favorite color or have images of their favorite things, like dinosaurs or princesses!	7. Make sure your child’s favorite stuffed animal or doll is kept in a place that is easy for them to retrieve right before they go to bed. They can snuggle when it’s time to sleep!	8. ACTIVITY PAGE “Book of Favorites”	9. Determine if your child likes music, white noise, or no sound at all when it is bedtime. Whatever their preference is, make sure it is in place before bedtime.	10. Weekend Wrap-Up It’s Saturday! Do something fun like letting your child have breakfast in bed with their favorite lovey!
11. Getting Ready	12. A warm bath, maybe with some tear-free bubbles, is a nice way to settle down and relax their muscles to prepare for bedtime.	13. Allow only calm play at least 30 minutes before bedtime, such as puzzles or drawing, and NO screen time, which includes television, phones, and iPad.	14. Let your child help choose the clothes they will wear the next day and lay them out. This is a signal that a new day will come after bedtime, and they will get to play again!	15. ACTIVITY PAGE “Bedtime Bingo Chart”	16. Offer a snack that is light and low in sugar. Water or milk are good choices for a drink, but only a few sips so they don’t get wet on the bed or wake you up during the night!	17. Weekend Wrap-Up How about a slumber party Saturday night? Let your child sleep with you or sleep with one of their siblings!
18. Bedtime Countdown	19. Twenty minutes before bed, let your child say their goodnights to other family members who stay up later! Kisses and hugs and goodnights!	20. Fifteen minutes before bed, help your child brush their teeth and then unmake their bed!	21. Ten minutes before bed, snuggle with your child and read a few books. Set the number of books before you begin, and don’t go past that number!	22. ACTIVITY PAGE 10 Minutes Till Bedtime Click the picture to view our featured book 	23. Five minutes before bed, lie with your child, and each of you says something you are grateful for that happened that day. Give a kiss, turn out the light, put on music/white noise, and leave.	24. Weekend Wrap-Up It’s the weekend, so you may decide to let your child have a later bedtime or one more book! What a treat!
25. Songs for Slumber	26. “Star light, star bright. First star I see tonight. I wish I may, I wish I might. Have the wish I with tonight.” Make a wish with your child before they go to sleep!	27. Put some light-up stars on your child’s bedroom ceiling and sing “Twinkle, twinkle, little star” before they go to sleep!	28. “You are my sunshine, my only sunshine. You make me happy when skies are gray. You’ll never know, dear, how much I love you. Please don’t take my sunshine away!”	29. ACTIVITY PAGE “Dream Bottles”	30. “Go to sleep, my baby. Close your pretty eyes. Angels are above you, watching down over you. From the skies, from the skies.”	31. Happy Halloween!



Book of Favorites

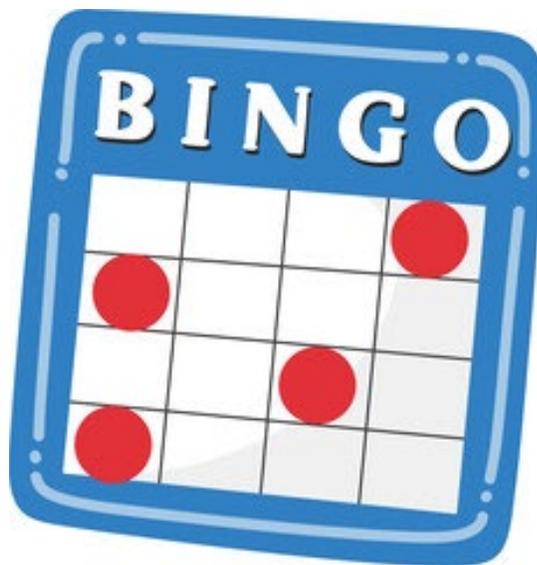
Take pictures of your child at different times of the day. Eating their favorite breakfast, playing with their favorite toys, watching their favorite movie, dancing to their favorite music, and more! You can continue taking pictures over time. Purchase a small photo book from the Dollar Store, have the pictures you have taken printed, and place them in the book. Each night, when your child goes to bed, they can look through all the favorite things they do every day. Tell them the sooner they close their eyes and go to sleep, the sooner they can wake up and start a new day doing all their favorite things!





Bedtime Chart

Make a bedtime bingo chart and post it on the refrigerator or in your child's room. In each square, draw a picture of a different action that they should do before bedtime- brushing teeth, taking a bath, putting on pajamas, eating a snack, etc. Each night, let your child cross out one of the actions. Once a whole row is complete, they get a special treat! Maybe an extra book read at bedtime or a special snack. Playing bedtime bingo will keep them motivated to keep up their bedtime routine every night!





10 Minutes Till Bedtime

by Peggy Rathmann

The countdown to bedtime has begun! Luckily, our main character has some furry friends to help him get ready! It might help your child get through their bedtime routine if they have a friend to do it with. Let your child pick a stuffed animal or baby doll to get ready for bed each night. They can put on their jammies, sit together to have a snack, brush their teeth, and listen to bedtime stories before finally falling asleep. Everything is better when you do it with a friend!





Dream Bottles

To make a few dream bottles, you will need clear plastic bottles (water bottles are perfect!) Fill each bottle halfway with warm water. Add a bottle of clear glue to each bottle. Finally, add a few drops of blue food coloring to one or more of the bottles. Now, the fun part comes for your child as they get to drop in small white pom-poms, glitter, or sequins. Securely reseal the bottle tops and keep them next to your child's bed. If they are having trouble falling asleep, they can sway the bottles back and forth and watch the dreamy movements of what's in the bottles until they fall fast asleep. Sweet Dreams!

