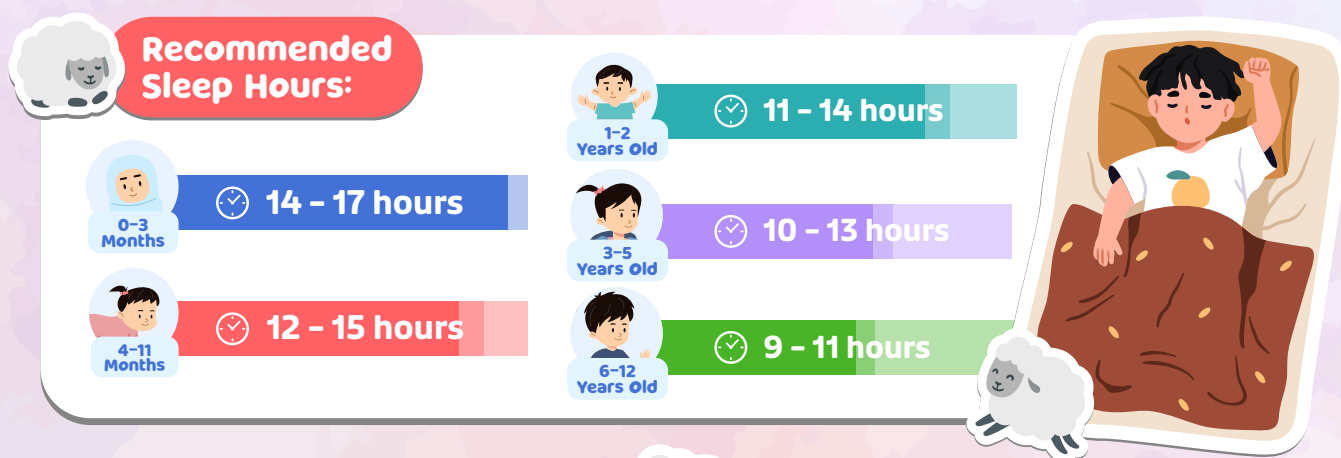


Small Wins in Parenting

Healthy Bedtime Habits

Encourage your child to build positive sleep habits with our recommended guidelines and tips!



Tips to help them sleep better:

#1 Wind Down with a Routine

Help your child stick to a routine they can complete **within an hour**.

3-6 years old

#2 Avoid screens before bedtime

Encourage screen-free time **at least an hour** before bed to support better sleep.

7-12 years old

#3 Create a consistent bedtime schedule

- STEP 1**
Share the importance of sleep
- STEP 2**
Ask them what a fair bedtime is
- STEP 3**
Set a bedtime that you two can agree on

3-12 years old

Visit [Parent Hub](#) for more parenting resources



Or scan to find out more