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3 TIPS

TO HELP YOUR CHILD CATCH MORE ZZZS

01 HAVE AN EARLIER DINNER

Finish eating at least 2 to 3 hours before bedtime for better digestion and sleep.



02 FOLLOW A BEDTIME ROUTINE

Help them stick to the same bedtime and wake-up time every day, including weekends and holidays.



03 CREATE A CALM BEDTIME ENVIRONMENT

Dim the room, leave the door slightly ajar, and check on your child briefly and regularly.



Visit Parent Hub for more parenting resources.