



**Global
Education
Therapy**

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SCHEDULE A FREE CONSULTATION

**SCROLL DOWN FOR
YOUR FREE PARENT
HANDOUT!**

**AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED TO
INCREASING
ACCESSIBILITY TO
EDUCATION AT HOME
AND ABROAD**



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**GET IS AN ONLINE
MULTIDISCIPLINARY
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EDUCATION AT
HOME AND
ABROAD**

GET Help:

"My child won't go to sleep!"

CREATING A BEDTIME ROUTINE

Entering the toddler phase is an exciting time! It also comes with its own unique challenges. A major one is creating a successful bedtime routine.

Dos

- Be consistent
- Include dental hygiene
- Keep it short
- Give limited choices
- Go potty
- Start a bedtime routine early on
- Prepare for crying
- Dark room
- Use security object

Don'ts

- Allow stimulating activities before bed
- Think poor sleep habits will just go away
- Create poor sleep associations
- take too long

<https://www.verywellfamily.com/kids-and-bedtime-routines-2634260>

Tips from SLPs

- Visual Schedule: For children with language delays visual schedules help bridge the gap from non-verbal to verbal language (the next page has a template)
- Brushing teeth: While brushing teeth, use location words like top, middle, front, back, etc. to tell them where to brush next. You could also count or say the ABCs while they're doing so.
- Putting on pajamas: Talk about what you're doing while you're doing it! Some good vocab: shirt, pants, pajamas, slippers, put on, put arm in, pull up, etc..
- Bedtime Story: Books are always a great way to work on speech and language skills, label pictures, ask questions, predict what comes next, etc.
- Tucking your child in: Ask your child to guess something they may dream about. Ask them to describe as many details as they can.
- Goodnight kisses: Label body parts by asking where they would like their goodbye kisses.

<https://www.speechandlanguagekids.com/bedtime-routine-activities/>

Tips from OTs

- Consistent Bedtime routine
- Cozy pajamas with feet to prevent diaper removal during the night or socks being lost
- Settle down an hour or more before bedtime
- Remove screens, tablets, phones, etc. from the bedroom
- Safe sleep space (toddler bed, bed rails)
- Comfortable sleep space with sheets, blankets)
- Stuffed animal or special blanket to comfort the child

<https://www.thetoolbox.com/sleep-hygiene-for-kids/>

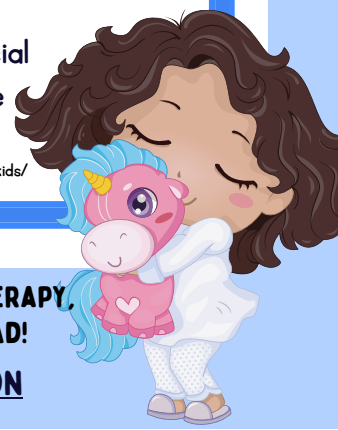
GLOBAL EDUCATION THERAPY OFFERS VIRTUAL SPEECH THERAPY, OCCUPATIONAL THERAPY, TUTORING, AND SUPPORT FOR STRUGGLING READERS AT HOME AND LIVING ABROAD!



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AGE	HOURS OF SLEEP NEEDED PER 24 HOUR DAY
NEWBORN (0-3 MONTHS)	14-17 HOURS
INFANT (4-12 MONTHS)	12-16 HOURS
TODDLER (1-2 YEARS)	11-14 HOURS
PRESCHOOL (3-5 YEARS)	10-13 HOURS
SCHOOL AGE (6-12 YEARS)	9-12 HOURS
TEEN (13-18 YEARS)	8-10 HOURS
ADULT (18 YEARS +)	7+ HOURS





BEDTIME ROUTINE



CUT OUT THE PICTURE CARDS BELOW AND KEEP THEM IN A ZIPLOCK BAG. WHEN YOU AND YOUR KIDDO ARE GETTING READY FOR BED, PLACE THE PICTURE CARDS INTO THE SQUARES TO CREATE A MULTIMODAL VISUAL SCHEDULE!

