



5 ^{key steps} TO A POSITIVE BEDTIME ROUTINE

START WITH YOURSELF

1.

Close your eyes and take a few deep, full breaths. Focus on: what am I aware of in my mind?; what am I currently feeling?; what am I sensing?

CREATE A SOOTHING ATMOSPHERE

2.

Engage all of your child's five senses - e.g. dimmed lights, bedtime story; warm bath, snuggling; lotions, essential oils; soothing music, quiet voices; sip of cool water

CONNECT THROUGH RITUALS

3.

Say 3 things you love about each other. Reflect on what went well today. Say goodnight to each other, the moon and stars, and those you both love.

FOCUS ON POSITIVES

4.

Make a list of positive bedtime affirmations with your children e.g. 'My body knows just how to get comfortable and rest.'; 'I feel relaxed'; 'I sleep well and wake up feeling rested and ready for my day.'

LET THEM OWN THE ROUTINE

5.

Create a checklist of things that help them sleep; Make simple choices; Give specifics eg the exact number of books, kisses they want; Turn on soothing music; Pick a dream to have tonight or discuss their favourite ways to feel calm.

You can find out more at www.biglifejournal.com/blogs/blog

