



TIPS TO HELP YOUR CHILD GET A GOOD NIGHT'S SLEEP

- Start the bedtime routine around the same time every night
- Spot cues of your child being tired (rubbing eyes, thumb-sucking or being fussy)
- Avoid sugary foods and screen time before bed
- Bedtime routines should last 15 minutes, unless giving a bath
- Read a book, give a bath or sing a lullaby
- Make sure room is dark, quiet and a comfortable temperature



To learn more with Parenting U, visit [ChildrensOmaha.org/parentingu](https://www.ChildrensOmaha.org/parentingu)