

1

A BETTER BEDTIME STARTS WITH

Routine

Consistent routines help kids feel safe, calm, and ready for sleep—and give parents the peace they deserve.

2

THE HOUR BEFORE BED MATTERS MOST



Limit screens
Blue light and fast-paced shows can make it harder for kids to wind down.



Make reading a habit
Books help kids relax, bond with you, and build lifelong skills.



Lower the stimulation
Dim the lights, play soft music, and keep voices calm and gentle.



Slow down together so their minds and bodies can too.

3

HELP THEM FEEL SAFE & SECURE

- ✓ A nightlight can ease fears of the dark.
- ✓ A flashlight gives them confidence and control.
- ✓ Comfort items like stuffed animals or loveys bring peace.
- ✓ Talk, pray, or reassure them that you're always near.



4

CONSISTENCY CHANGES EVERYTHING



Keep the same bedtime and routine as much as possible.



Parents stay united—kids thrive with clear expectations.



Routines build emotional security that lasts a lifetime.



It won't be perfect every night, but consistency brings peace over time.

5

BETTER NIGHTS, *Better Days*

A peaceful bedtime routine helps your child sleep better—and helps the whole family feel calmer, closer, and more connected.



Peaceful nights today. Stronger families tomorrow.

