

## Bedtime: Ages 5-Kindergarten

Having a regular bedtime routine for your child will help them:

- Get enough sleep to be successful at school
- Fight off germs and stay healthy
- Accept bedtime and make it less of a struggle for you, the caregiver!



### Ideas to try with your child:

- Create a bedtime routine for school nights. Here is an example:
  - Get in pajamas
  - Brush teeth
  - Story or songs for 5-10 minutes *in bed*
  - Goodnights
  - Lights out
- Make sure you start your routine at the same time every evening.

### If your child is struggling:

***Getting into a routine will be hard and will take time! Don't give up, it will pay off in the end.***

- Have soft music playing.
- Plug in a small night light.
- Allow your child to look at books by themselves between goodnight and lights out. Set a timer.
- Try a picture schedule to help your child learn the routine.

### Going further:

- Read one chapter a night from a fun chapter book (Junie B. Jones, Magic Treehouse, Roald Dahl)
- Make up a story that you add to each night before bed.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children of Kindergarten age** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Use practices to be safe and healthy" & "Understand the importance of taking care of self and growing strong." *Growing Up Healthy, Ages 5-Kindergarten*, pg. 91