

# SLEEPING TIPS FOR YOUR CHILD

## MAINTAIN A CONSISTENT ROUTINE



- limit screen time 2 - 3 hours before bed
- limit food 2 hours before bed
- limit drinks 30 min. before bed
- example:
 

1) bath	5) story time
2) pajamas	6) hugs and kisses
3) brush teeth	7) lights off
4) potty	

## CREATE A CALM, COZY ENVIRONMENT

- Setup:
  - Create a cozy corner for your child to use if they wake up at night, including blankets, pillows, stuffed animals, etc.,
  - Limit toys and clutter that might tempt your child to play if they wake up at night
- Temperature:
  - keep it consistent, between 66 - 68 degrees



## HOW TO SETUP THE ROOM

- Visual: hang blackout curtains to limit light
- Sound: use a white noise machine or sound app
- Smell: use calming scents like lavender, vanilla, eucalyptus
- Touch:
  - Use Lycra sheets or a weighted blanket to provide consistent deep pressure throughout the night
  - Talk to your child's OT about weight recommendations

## ACTIVITIES TO PREP FOR BEDTIME

- Let your child do heavy work activities during the day
  - Limit physical activity 2 - 3 hours before bed
- Bath time: use slow, consistent, rhythmic movement
  - Use shampoos with calming scents
  - Dry your child with a warm towel
- Read a story
- Calm, rhythmic rocking



## RECOMMENDED MATERIALS

- Comfortable PJs - no tags, soft seams, tight fitting
- Blackout curtains
- Lycra Sheets
- Weighted Blanket - ask your child's OT for weight recommendations
- Stuffed animal - can dress the animal with a caregiver's piece of clothing to help the child feel more secure

## LIST OF SENSORY FRIENDLY CLOTHING AND SHOES

- Billy Footwear ([link](#))
- Smart Knit Kids ([link](#))
- Target Adaptive Line ([link](#))
- Independence Day Clothing ([link](#))
- Pillowfort (Sensory Friendly Kids' Home) from Target ([link](#))
- Tommy Hilfiger Adaptive ([link](#))
- Zappos Adaptive ([link](#))

