



## Good Nights Solutions for Bedtime Battles

As toddlers grow more active and independent, bedtime may become a challenge. Toddlers' sleep patterns often change and suddenly they try new strategies to avoid bedtime! Establishing a consistent routine and expectations for bedtime is a must for parents at this most challenging time.

- Develop a bedtime routine that you can stick with every night. A story, quiet music, familiar songs, or other quiet activities often help calm and soothe toddlers.
- Prepare your child for the transition to bed. Let your toddler know a few minutes before that bedtime is coming. This gives your child time to finish playing and get used to the idea of bedtime.
- Let your toddler slip into sleep slowly. Use soothing music, a bath, cuddles, or a story in your bedtime routine to help your child relax and fall asleep slowly.
- Let your child cuddle. A comforting object like a stuffed animal or a blanket can help with sleep.
- Use a night-light for comfort. Darkness can be scary for toddlers.
- Try not to use the bedroom as punishment. Toddlers may begin to think their room is a bad place if they are sent there for time-out.
- Make sure daytime naps aren't interfering with nighttime sleep.
- Decide on a plan of action. If your toddler's cries and protests are becoming a problem, talk to your toddler's health care professional or child care provider about a plan to help your child go to bed. Parents and caregivers need to agree to the plan and use the same strategies. Give the plan a chance to work and remember that things may get worse before they get better.

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