



BETTER
KID CARE
PROGRAM



Family Time Work Time

A B A L A N C I N G A C T

Building Strong Families

Bedtime Routines

Is it hard to get your child settled down at bedtime? Has it become a time of day you dread? Here are some ideas to make it a special time for you and your child:

- Have a bedtime routine that stays the same every night. Children do better when there is a routine they expect.
- Start with bath time. A warm bath can relax your child. Remember, young children need to be closely supervised during baths.
- Next comes time for brushing teeth and putting on pajamas.
- Take advantage of this time of day to talk with your child.
- You might want to play some quiet music.
- Read a bedtime story once your child is ready for bed.
- Then a hug and a kiss and it's time to turn out the lights. Some children need a nightlight to help them go to sleep and others do not.
- You may have other steps you want to add to your child's bedtime rituals.
- Taking time for a bedtime routine will help your child relax and go to sleep easier. It will provide you with a special time together and make your evenings calmer.



Partnering with Your Caregiver

It's good to think of your child's caregiver as a partner. Your child benefits when you share information with each other. This does not have to be private family information, but should include things that might be causing stress for your child that would be helpful for your child care provider to know. This could be both positive and negative things, such as a move, a family vacation, a visit from grandparents, one parent working longer hours, a new sibling, or any issue that may be causing a change in your child's behavior.

You may notice a change in behavior at home or the caregiver may notice it at child care. Things such as not eating, sleeping, or a change in moods may indicate that something is not right. When you talk together every day, your caregiver will be able to provide better care for your child. If your caregiver notices something at child care and lets you know about it, you will be able to help your child at home, too. Working as partners can help everyone, especially your child!

More from Better Kid Care

The Better Kid Care Web Site at www.betterkidcare.psu.edu has more information for parents. Look for other *Family Time-Work Time* issues, *Parents Count*, child care and activity tip sheets, snack ideas, choosing child care tips, school readiness information, and the monthly Better Kid Care E-Newsletter. To sign up for the E-Newsletter, send a request to BetterKidCareNews-subscribe-request@lists.psu.edu.

