



SAMPLE BEDTIME ROUTINES

Remember these are *sample* bedtime routines. If you are trying one out and you notice it doesn't calm your child down before bed, then try a few other things that your child may find relaxing. You may also notice that the activities you choose may be calming for them but they need a little more time to prepare for bed. For example, if you need to make a 45-minute routine instead of a 30-minute routine then you can do that.



Should I include a feeding in my baby's bedtime routine?

Your baby should never have their feeding right before they go into bed. I recommend as your baby gets older to especially leave the feeding out of the bedtime routine. This will prevent them from creating a "feed to sleep" association.

If you would like to include it in your baby's routine then make sure you allow the time for it. Also make sure that it is never the last thing they do right before you put them into bed. It should be the first thing or in the middle of the bedtime routine.

Should I include a bath in my child's bedtime routine?

The only time that you should include a bath in your child's bedtime routine is if you plan on bathing them every night. The reason for this is because your child's routine should be the same every night as they thrive off of consistency. If you don't bath your child every night, then their bath should begin before the bedtime routine. I will lay this out in a few examples below.

Also baths sometimes make a child hyper rather than calm then down, so be careful and make sure to watch that it doesn't make your child hyper.



Ages 0-2 Months

8:05pm – Bath (doesn't happen every night), pyjamas on

8:15pm – Feeding

8:45pm – Sing a song

8:50pm – In bed

OR

8:15pm – Feeding

8:45pm – Bath, Pyjamas, Cuddles

9pm – In bed

A baby this young may still need a feed right before bed and that is totally ok at this age!

Ages 3-6 Months

7:10pm – Bath (doesn't happen every night), Pyjamas on

7:20pm – Feeding

7:45pm – Massage, Sing a Song, Cuddles

8pm – In Bed

OR

7:20pm - Feeding

7:40pm – Bath, Pyjamas, Sing a Song

8pm – In Bed

Ages 7-12 Months

6:40pm – Bath (doesn't happen every night), Pyjamas on

6:55pm – Feeding



7:05pm – Brush teeth, Read a book, Sing a Song with some cuddles

7:30pm – In bed

OR

6:50pm – Feeding

7pm – Bath, Pyjamas, Brush teeth, Read a book with some cuddles

7:30pm – In Bed

Ages 13-24 Months

6:45pm – Bath (doesn't happen every night)

7pm – Pyjamas on, Snack and milk, Brush teeth, Read a book, Sing a song

7:30pm – In Bed

OR

7pm – Bath, Pyjamas, Snack and milk, Brush teeth, Sing a song and cuddles

7:30pm – In Bed

Ages 25-36 Months

6:45pm – Bath (doesn't happen every night)

7pm – Snack and drink, Brush teeth and Potty time, Pyjamas on, Read a book

7:30pm – In Bed

OR

7pm – Bath, Pyjamas on, snack and drink, Brush teeth and Potty time, Cuddles

7:30pm – In Bed

You may notice that as your child gets older it gets harder to get him/her ready for bed in 30 minutes. That's why you may need to increase the time you set aside for their bedtime routine. Just make sure it's consistent and I would suggest not exceeding 45 minutes.



A few other things you can include in your child's bedtime routine are:

- Get your toddler to pick out their pajamas. This helps them look forward to bedtime a little more
- Get your child to pick out a book.
- For older toddlers you could include some bedtime yoga.
- Talk quietly about their day, or get them to tell you about a dream
- Say prayers
- Say goodnight to the moon, stars, their teddy bear, whatever they would like to say goodnight to.
- Wash their face if they didn't have a bath that night.

One last tip: If you have friends or family over and it's nearing your child's bedtime, make sure you let your child know that it's almost time to get their pajamas on before it's time. This may help prevent another bedtime battle. Before your child gets their pajamas on, get them to say goodnight to everyone. This will prevent them from getting stimulated again once the routine is over and it's time to go into their bed.