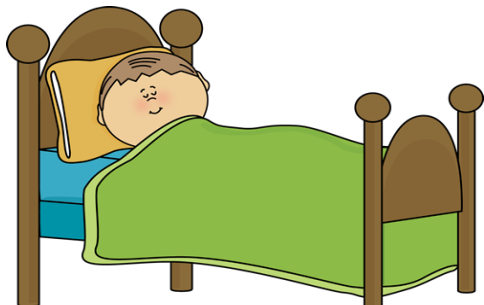


# Positive Behavior Strategies:

## Bed Time and Nap Time



*Getting your child to sleep can sometimes be a struggle. Here are some useful tips to help develop healthy and successful bed and naptime routines.*

- **Develop a regular time** for going to bed and taking naps.
- **Decide on where** your child will be going to bed and or taking naps. - It is best for him/her to be put to bed where he will wake up after naptime or in the morning.
- **Develop a routine** for bedtime and naptime. Decide what your child should do first and what he should do then. For instance, "First you take your bath, then you put on your pajamas". You may want to use photos of your child on your camera phone to remind your child what comes next.
- **A transition object**, such as a favorite blanket or a stuffed animal, can be selected from a choice of two items.
- **Reduce light in the room.** All of us sleep best in a quiet, dark room which is not too hot or cold.
- Before going to bed, **limit tv/screen time.** Watching screens and playing computer games are not calming and may make it more difficult for your child to go to sleep.
- Make sure your child **has opportunities to run, jump and play** inside or outside during the day. He will sleep better.
- Be mindful **that 3-4 year olds need 10-12 hours of sleep.** This can be divided between naps and night time.
- If you need more suggestions, talk to your child's teacher or therapist.