



Calming bedtime activities to improve your sleep



**Top 5 Sleep Tips for a healthy,
happy and rested sleep**

Calming Bedtime Activities For Your Child

TOP 5 RECOMMENDATIONS FOR A HEALTHY, HAPPY, AND RESTED SLEEP

Welcome!



Has your child been having difficulty with falling asleep at bedtime? Is bedtime a battle?

You are not alone...

It's so hard to know where to start. One of the most important steps to help your neurodiverse child sleep better is a consistent and relaxing bedtime routine. This helps the brain and body wind down to prepare for sleep and make sleep predictable. A consistent routine helps them calm and relax after their busy day. For many kids, their days can be overstimulating, disorganized and stressful and it can be hard to leave it behind, making falling asleep and staying asleep challenging.

The right bedtime routine can make the difference to falling asleep easier.

What does a good bedtime routine include?

Start using one or all of these activities and go from being exhausted and frustrated to confident and hopeful that you can have an easier time falling asleep and staying asleep.



#1 Read

The first bedtime activity is a common one. Most have reading in their routine, especially with younger children. There are so many wonderful benefits of reading. It is a time of connection as we move from our busy days to shifting to preparing for sleep, reading and a cuddle help to make that transition easier. Studies have shown that reading increases understanding, cognition and vocabulary, it builds imagination and attention. For older children, reading by themselves or listening to stories at bedtime is a great activity to shift to sleep.

TIP: Establish guidelines around how many books to read or which books to read. One of my all-time favourites for toddlers/preschoolers is Goodnight Moon.



#2 Bathtime

Having a relaxing bath before bedtime can be very beneficial for bedtime. A warm bath can relax the body, be a pleasant sensory experience and alert the body that sleep is coming next. A rise and then drop in body temperature makes falling asleep easier. If playtime is a part of the bath time, encourage quiet or rhythmic play such as colours, blowing bubbles or pouring water. It's soothing to watch it fall! If bath time is exciting or stressful, or the skin is easily irritated, omit the bath and give the face and hands a warm wipe with a cloth.

TIP: Add some epsom salts to the bath water for the relaxing benefits of magnesium before bed.



#3 Stretching

Gentle stretches before bed can help to release stress and tension during the day. Holding a few stretches before bed can help to loosen muscles and increase blood flow. The more you can get your child's body to relax, the deeper the sleep will be. The brain will wind down and relax the body. Static stretches or yoga poses for kids helps to release built up stress. Try doing some poses together.

TIP: Consider doing poses or stretches where your hands and feet touch the floor as it is more grounding and relaxing.

#4 Massage

If stretches or yoga is difficult for your child, massage is a great way to relax muscles. There are so many benefits of massage. Nurturing touch releases "feel good" hormones and can be helpful for children who deal with tight muscles, muscle contraction and nighttime discomfort. Leg cramps can be soothed with massage strokes.

TIP: Strokes away from the heart are relaxing and towards the heart are stimulating. So for bedtime, keep the strokes away for a more relaxing benefit.





#5 Music

Music is another common bed time routine activity. It can be soothing and calming to prepare for bed. It can help to drown out other household noise in the house and provide a rhythmic repetitive sound to soothe to sleep. It is another signal for the body and brain to prepare for bedtime. For some kids, the sound can be too stimulating too close to bedtime.

TIP: Put music on at the beginning of the bedtime routine as a signal for bed.

Are you ready to get your child sleeping better?



How I can help you get the healthy sleep you deserve

TOP 5 SLEEP TIPS FOR A HEALTHY, HAPPY and RESTED SLEEP

Hi I'm Joelle Hill

I am a sleep consultant, owner and founder of Hill Family Solutions. I work with families who have children with disabilities.



Are you ready to get your neurodiverse child sleeping great?

Not sleeping is not easy! In my work with families, a calm, relaxing and predictable routine is KEY to better sleep for your child.

Perhaps your child's bedtime routine includes one or all of these activities which is a great start. A routine should consist of about 5 or 6 activities taking about 30 minutes.

The bedtime routine is your family's chance to let go of the day's activities and get ready to start with a fresh beginning of the day by starting with bedtime.

Is your child's bedtime routine difficult?

Ask me about my Bedtime Worksheet Handout to help you come up with a bedtime routine to make sleep come easier.

What would it mean for you if you were sleeping better?

Ready to get started?

Schedule a Discovery Call with me if you are ready to get you sleeping better with confidence and support that your family can get a better night's rest.

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