

Talking to Parents about Bedtime Routines

Bedtime Routines:

- Are longer versions of “repetition to soothe”
- Help babies relax
- Help babies feel safe and happy
- Help babies learn when it is time to sleep
- Help babies wake less at night
- Help parents of older babies get more sleep

Facts about routines:

- Routines are not “schedules” – same steps but not based on the clock
- Don’t have to take long (about 20 min)
- Can include steps that parents already use
- Babies might take 1-2 weeks to get used to new routines or to get back to old routines

Starting a Bedtime Routine

- Start when baby is showing signs of fatigue
- Example: Bath – Book – Bed
 - Give bath or wash face and brush teeth
 - Read a book or sing or tell a story
 - Repeat calming words, rock, or walk with the baby – then lay baby in bed