

TIPS TO HELP SOOTHE LITTLE ONES TO SLEEP



Look for Cues: From yawning to rubbing their eyes, most children will give you a sign when they're ready for bed.

Stick to a Schedule: Kids thrive on consistency, so be sure to come up with a predictable nightly routine.

Wind Down: Avoid active, stimulating types of play before sleep. A calm child will be much easier to settle down.

Bath Time: Nothing prepares children for bed better than a relaxing bath. A few floating toys and a little imagination can turn bath time into quiet playtime.

Make Bedtime Inviting: A soft blanket or favorite bedtime companion can help welcome your child into dreamland.

Read a Story: Enjoy some quality cuddle time with your little one by sharing a favorite tale like *The Green Bath*, *Night Light*, or *Good Night, Sleep Tight*.

Rock-a-Bye Baby: Gently lull your children to sleep with an old-fashioned rocking chair or a modern glider...just make sure you don't nod off yourself!

Sing a Lullaby: Every baby loves a soothing melody. Whether or not you can carry a tune, your voice is music to your little one's ears.

Light the Night: And finally, turn on a night-light to reassure your children and send them off to sleep with a gentle glow.

