

Getting Ready for Bed

Routines can be important for everyone, and children often feel more secure when they know what comes next. In nursery we build all kinds of routines into our daily play, for example

- When we have snack
- Before we go outside
- In our morning carpet time



Bedtime is a good time to establish routines. There are lots of different ways to do this, and there is no right or wrong way. Things will be different for each family, so please feel free to do whatever is right, and comfortable, for your family.

You might choose to give your child a bath or shower before bed. This is an excellent opportunity to spend a little one to one time with them. There is LOTS of learning that you could do here:

Why not ask your child to think about their day, and what they have liked doing? Try to take turns talking and listening, and start small - its better to ask one question and wait for your child to answer in their own time.

Why not use bath toys, or cars, or bricks, to do some counting, or some matching, or to help with recognising colours. You could even chat about sinking and floating.

Why not ask them to practise blowing the bubbles or using their arms to splash the water - this will help to develop core strength.

After their bath or shower, try to find a quiet place to sit for a while. This could be the living room, or the child's bedroom. You could maybe read a story, or just look at a book together. Encourage your child to look at pictures - can they tell you who the characters are? What might happen next? If you don't have a story to hand, you could again just chat. Children love to share information and ask questions. Chatting together will help add to their vocabulary and build their confidence. Hopefully after some quiet time they will be ready for bed and sleep!

Remember that there is no right or wrong way for your routine, but what is important is for the routine to be the same every day, as much as possible. Don't feel bad if some nights go wrong, or if other circumstances mean your routine doesn't always work.