



interSEEDnGrow
Developmental & Speech Therapy Services Provider

SEEDS FOR GROWTH: Preparing for Bed/Nap

- ✓ Make sure your child gets plenty of exercise during the day.
- ✓ Develop regular times for bed and naps and stick with them.
- ✓ Develop a bedtime and naptime routine.
 - ◇ Do and say the same things before naps and bedtime.
 - ◇ Establish a predictable place for sleeping.
 - ◇ Help your child understand the steps in the routines (e.g., use “first, then” statements, picture schedule).
 - ◇ Tell your child what might happen when she wakes up.
 - ◇ Let your child carry a favorite transition object to bed.
 - ◇ Provide your child with calming and rest inducing activities, sounds, or objects in the routine.
 - ◇ Put your baby or child down for sleep while she is still awake. Say, “Good night.” and leave the room.
- ✓ Give your child your undivided and unrushed attention.
- ✓ Avoid certain foods and drinks six hours before sleep (i.e., sodas, chocolate, fatty foods).
- ✓ Try breast feeding or offering a warm bottle just before bed.
- ✓ Provide choices whenever possible.
- ✓ Reduce noise, light, and distractions in and near your child’s room.
- ✓ Keep a sleep diary so you will know what’s working (or not).
- ✓ Celebrate the little successes along the way.

Reference: <http://challengingbehavior.fmhi.usf.edu/>