



Bedtime Routines

Some young people struggle to wind down during those last few hours of the day which should actually be peaceful and relaxing, not too busy and out of control. Bed-time should actually not be filled with meltdowns, lots of running around or arguments.

There are a few strategies you can arm yourself with to have a smooth and less chaotic bedtime - simple bedtime routines that can calm young people down. But 1st, place yourself in the young person's shoes. From the moment he/she wakes up until bedtime they are pulled in all directions - *"Go there, do this, clean that up, stop that, come here, get ready for this."* We are constantly putting demands on the young people in our care, giving them things to do and places to go. Add to that all the social and academic interactions they have all day.

Think about the vast amount of different personalities they run into from the time they wake up until the time they are supposed to get ready for bed. The children at kindy/school, teachers, parents, support staff, visitors, other professionals who they are engaging with. Young people's brains are constantly occupied with people, things, thoughts and ideas, and unfortunately they do not come with a flip switch that calms them down and turns them off at the end of a busy day.

That's where parents need to come in strong! You need to help the young person to transition from a busy day into a smooth and calming bedtime routine. You need to relax their minds so they can be fighting fit to face the next busy day. I can provide you with achievable practical steps to establish winning bedtime routines that might benefit everyone in your busy household.