

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This lovely guide is full of top tips to help you establish a successful bedtime routine for your child. It outlines the benefits of a bedtime routine as well as some important hints. Your child will enjoy the colourful bedtime reward chart and certificate too!

What skills does this practise?

Establishing a Routine

Communication Skills

Health and Self-Care

Behaviour

Further Activity Ideas and Suggestions

If you have found this How to Set Up a Bedtime Routine for Your Child Parent Guide useful, you might like to take a look at this handy [How to Teach Your Child to Clean Their Teeth](#) pack or find some tips about [How to Teach Your Child to Tidy Their Bedroom](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

How to Set Up a Bedtime Routine for Your Child

What is a bedtime routine?

A bedtime routine includes a regular set of activities that you can do with your child before they go to bed each night. This might include having a bath, cleaning teeth and reading a bedtime story. The purpose of a bedtime routine is to help your child prepare for sleep by helping them to relax and wind down. It also provides the opportunity for some special one-to-one time with your child.

The good news is that it only takes a few nights of following a bedtime routine before you will see improvements in your child's sleep.

What are the benefits of a bedtime routine?

Research has shown that children who follow a bedtime routine:

- go to sleep earlier and fall asleep more quickly;
- are able to fall asleep by themselves;
- sleep for longer;
- wake up less during the night and are able to fall back to sleep by themselves;
- show improved mood and behaviour;
- show improved attention span and memory ;
- show improved academic performance and social skills.

Many children enjoy following a bedtime routine as it provides a sense of safety and security.

How to establish a bedtime routine for your child

A bedtime routine usually includes some or all of the following activities. They should always be done in the same order every night:

- healthy snack and drink
- bathtime
- brush teeth and go to the toilet
- put on pyjamas
- read a book together
- sing a song or lullaby
- lights out



We hope you find the information on our website and resources useful. Please be aware that this resource has been written to be used by a trained professional. As far as possible, the contents of this resource are reflective of current research and are intended for guidance purposes only. The information or resource may not specifically apply to your children/classroom/setting. Twinkl is not responsible for any loss, injury, claim, liability, or damage related to your use of this resource or any other resources available from our site or any site linked to from our site or resources, whether from errors or omissions in the content of our site or any other linked sites, from the site being down or from any other use of the site. In short, your use of this document is entirely at your own risk.

How to Set Up a Bedtime Routine for Your Child

Top tips for bedtime routines

Follow these helpful tips to ensure that your child is able to settle into their routine:

Do...

- start following a bedtime routine with your child from when they are a baby so that the habit is formed early;
- stick to the same bedtime routine every day - including at the weekend;
- set a consistent bedtime which allows your child to have the recommended number of hours sleep for their age;
- keep the bedtime routine to around 20 minutes - Allow more time if you are including a bath;
- leave the room when your child is sleepy but not yet asleep - this will help your child to fall asleep on their own;
- make sure that your child has had plenty of exercise and time outdoors during the day so that they are ready to sleep at night;
- make sure that your child's bedroom is dark enough so that they are able to fall asleep - blackout blinds or curtains are helpful for light evenings and mornings in the summer;
- use a nightlight if your child doesn't like sleeping in the dark;
- make sure that your child's bedroom is cool and quiet - your child may struggle to sleep if they are too warm or if there is a lot of noise;
- let your child have their favourite cuddly toy or comfort blanket in bed if they need that extra reassurance;
- use a reward chart to help your child see the progress that they are making at bedtime.

Don't...

- give your child sugary snacks or food or drink containing caffeine before bed - this will only keep them awake;
- let your child run around or engage in stimulating activities, such as watching TV or using a device before bed, as this will prevent them from falling asleep;
- read scary bedtime stories;
- start the bedtime routine too late - overtired children will find it harder to fall asleep;
- let your child sleep longer on the weekend as this will affect their routine;
- let your child fall asleep to an audiobook or music as this will create poor sleep associations - your child needs to learn to fall asleep by themselves;
- let your child drag out the bedtime routine with calls for drinks, snacks or an extra bedtime story.



How to Set Up a Bedtime Routine for Your Child

When should my child go to bed?

You might like to use this table to establish a bedtime for your child to ensure that they are getting enough sleep.

Wake up time	6 a.m.	6:30 a.m.	7 a.m.	7:30 a.m.
Age				
5	6:45 p.m.	7:15 p.m.	7:45 p.m.	8:15 p.m.
6	7 p.m.	7:30 p.m.	8 p.m.	8:30 p.m.
7	7:15 p.m.	7:45 p.m.	8:15 p.m.	8:45 p.m.
8	7:30 p.m.	8 p.m.	8:30 p.m.	9 p.m.
9	7:45 p.m.	8:15 p.m.	8:45 p.m.	9:15 p.m.
10	8 p.m.	8:30 p.m.	9 p.m.	9:30 p.m.
11	8:15 p.m.	8:45 p.m.	9:15 p.m.	9:45 p.m.
12	8:15 p.m.	8:45 p.m.	9:15 p.m.	9:45 p.m.

How much sleep do babies and children need?

Recommendations for total daily sleep by age:

	Age range	Recommended Hours of Sleep (including naps*)
Newborn	0 to 3 months old	14 to 17 hours
Infant	4 to 11 months old	12 to 15 hours
Toddler	1 to 2 years old	11 to 14 hours
Preschool	3 to 5 years old	10 to 13 hours
School-age	6 to 13 years old	9 to 11 hours
Teenagers	14 to 17 years old	8 to 10

* Most children stop napping around the age of five.