

A GUIDE TO

Better Bedtimes



A peaceful night's sleep is essential for a healthy mind and body. A predictable bedtime routine can make mornings a breeze, ensuring your child wakes up refreshed and ready to learn.

The American Academy of Sleep Medicine says kindergartners should get between 9 and 13 hours of sleep each night. Here are five tips to help them get the rest they need.

1 Say “goodnight” to screens early

Turn off all screens well before bedtime, aiming for at least 30 minutes before. This quiets your child’s mind, helping them fall asleep easier.

2 Do the same thing every night

Children find comfort in routines. Bath, pajamas, teeth brushing, and story time—in the same order every night—can signal to your child that it’s time to settle down.

3 Create a calm space

Dim the lights and quiet your home as bedtime nears. Peaceful surroundings help your child relax and reminds them it’s time to rest.

4 End on a high note

Add a favorite ritual, like hugs or a favorite book, to your routine. These special moments make bedtime something to look forward to.

5 Start simple

If creating a whole new routine feels hard, begin with one small thing. Introduce changes one step at a time, so that you and your child can adjust. Soon, you’ll find a rhythm that fits your family just right.

