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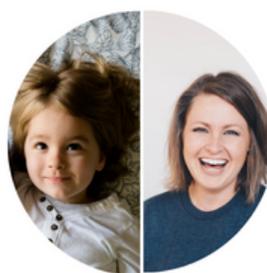
How to Create a Toddler Bedtime Routine

By Diana Bigham, LMFT-S, RPT-S

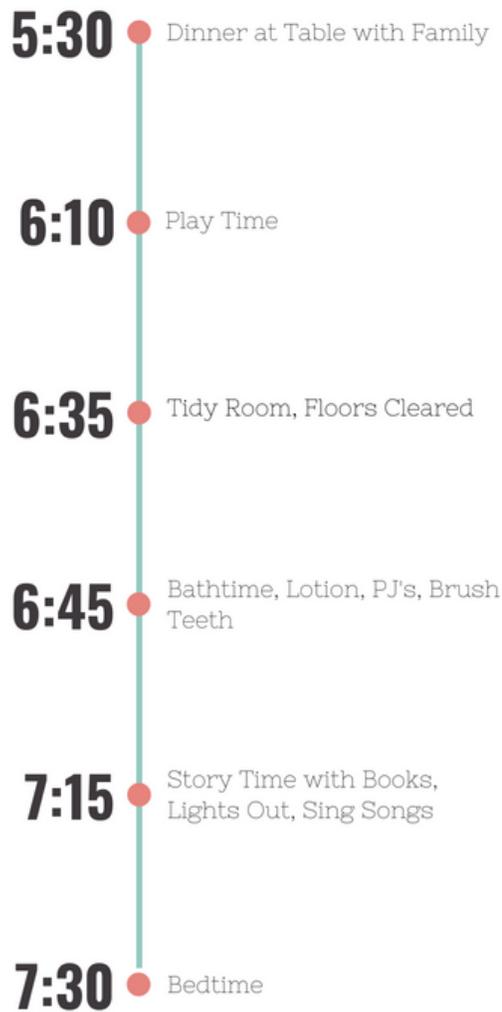
Don't know how to make a routine for your toddler at night? Use this sample to help you get starting in knowing how to create a bedtime routine for your toddler that boosts their social skills, character, and academic performance.

Everybody wants more sleep, especially parents of toddlers. If we allow our schedules to become chaotic, we actually make it harder for our children to get adequate rest at night and be in a good mood for the next day. To help your child set a healthy circadian rhythm, consider using the sample bedtime routine below. Here are some key points to remember when creating your routine:

1. Eat meals together. Studies show a risk for school drop-outs, teen pregnancy, and other at-risk behaviors for families that do not eat meals. The idea is that families that eat meals together at a table are more likely to socialize, enjoy connections, and eat healthier than those that don't.
2. Don't allow your daily routine to be without play time at home for your children. They need to play and not be neglected by your busy day.
3. Give your child things to be responsible for so they practice having good work ethics and character development. Age-appropriate chores are important.
4. Read a book with your child for 20 minutes a day. This boosts their vocabulary and language skills, and academic performance, as well as strengthens your relationship.



Sample
**TODDLER
BEDTIME
ROUTINE**
Diana Bigham
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"Without enough sleep, we all become tall two-year olds."
- JoJo Jensen

Recommended Reading

PARENTING

- The Connected Child, by Karen Purvis
- Parenting from the Inside Out, by Daniel Siegel
- The Whole Brain Child, by Daniel Siegel
- God, Help Me: Christ-Centered Solutions for the Frustrated Parent, by Diana Bigham

MARRIAGE

- The 5 Love Languages: The Secret to Love that Lasts, by Gary Chapman
- Hold Me Tight: Seven Conversations for a Lifetime of Love, by Sue Johnson



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Rachel works with children, adolescents, and families. She treats attachment disturbances and mood disorders, and is a certified TBRI practitioner.

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Chris Bedard
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Chris works with couples who struggle with the impact of infidelity and infertility. He helps motivated individuals develop their emotional maturity.

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Halee Smith
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Halee works with clients as young as seven through adulthood. She empowers her clients through collaborative approaches to achieve their goals in life.