

# Bedtime Wind-Down Activities for Children Aged Three to Five

After a day in which there may be a new or different routine, or perhaps even no routine, a calm bedtime can be harder to achieve. Try these wind-down ideas with your children to help create the calming atmosphere needed for a happy bedtime, leading to a good night's sleep.

1

After teatime, get into the habit of doing a quiet activity together, such as colouring or a jigsaw. While you do this, quietly chat about your day. This can be a lovely time to reflect on those aspects of the day that you have most enjoyed.



2

If you have some favourite nursery rhymes, this can be a nice time for some singing together.

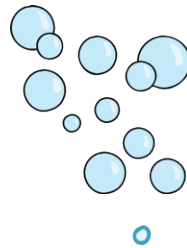
3

While getting ready for bed, it can feel settling to hear calm, familiar music. Listen to some lullabies together.



4

Lie together on your child's bed on your backs and place your hands on your stomachs. Concentrate on the rise and fall of your hands as you breathe in and out. Focus on this for two minutes.



5

A relaxing splash in a warm bath will help to calm your child before bedtime.



6

Enjoy a bedtime story and a cuddle together, then your child can snuggle down and drift off to sleep.

