



## BEDTIME ROUTINES FOR ONE-YEAR-OLDS

Toddlers love predictability. They start to understand patterns early on and the more consistent you can be with your toddler's world, the happier and calmer they will be simply because they know what to expect day-to-day.

Having a bedtime routine for your toddler is an easy and effective way to signal to them that sleep is approaching. From quite young, your toddler will come to recognize a sequence of events and when the last event is going to sleep, the bedtime routine will be crucial to them settling well.

- Focus on feeding. Nobody sleeps well with a grumbling tummy.
- Bath time before bedtime. A soothing bath 90 minutes to an hour before bedtime helps to trigger sleep. Point out all the ways God intricately made your toddler.
  - God made your little toes. Look at your perfect toes. Let's count your toes... 1, 2, 3, etc.
  - God made your hands. You can use your hands to help people.
  - Look at your tummy. God made your tummy for me to tickle, etc.
- Read a book aloud. Choose your favorite Bible story. Use a soothing voice. As you tell the story, use your own words and phrases repetitively. Soon your toddler will begin to recognize those words and phrases and respond to them.
  - Jesus loves you.
  - God is so good.
  - The Bible is precious.
  - I love God's Word.
  - Jesus is your friend.
- Sing a song. Choose soothing songs such as "Jesus Loves Me," "Oh How I Love Jesus," "God is So Good," or other worship songs that will calm your child.
- Avoid screen time.
- Be consistent and flexible. Don't beat yourself up if you miss a night but try to stay consistent to best establish the routine. Pay attention to your toddler's signals when they are growing into a new phase and need the routine to be adjusted to fit their growing needs better.

**Read additional helpful articles here:**

<https://www.focusonthefamily.com/parenting/routines-for-your-kids>

