



Natalie Willes

THE BABY SLEEP TRAINER

## Curious What Other Families Do For Their **BEDTIME ROUTINE?**

One of the most surprising pieces of advice I give new parents is to keep the bedtime routine short and sweet. Even nightly baths and books aren't necessary to help kids sleep soundly (but feel free to do either or both if they work for your family). I've asked my Baby Sleep Trainer graduates to share their bedtime routines so you can get an idea of what other families do to prepare their little ones for sleep, and perhaps to help you find a little inspiration for the bedtime routine in your home.

*"We do jammies, bottle, book, a few minutes of cuddles and singing, and down she goes!" - Ashley*

*"We have a barely 3 year old and a 9 month old. We do diaper changes, pajamas, vitamins, and brush teeth kind of like an assembly line. Then we dim the lights and go into baby's room so big brother can "help tuck the baby in." In the baby's room we read one scripture story, sing one song and say a family prayer. Big brother goes along with the routine because he is "helping with the baby." Then we turn on the white noise and everyone kisses and hugs the baby. Once we set down the baby we tell big brother that he can have whatever toy he is currently holding in bed with him if he can get in his bed before I count to 3. We act excited for him to get in bed fast. Works every time! Then we get him water and music if he is especially restless, hug and kiss, and tell him he can have the door open if he stays in his bed and is quiet (not allowed to beckon us for attention). I find that helping with the baby helps mellow out my toddler for an easy bedtime, and he doesn't fight it because, at first, it's not his bedtime in his mind." - Michelle*

*"I nurse my little one while making sure to talk to her a lot/keep her awake (usually easy, but if we are a little late on bedtime or if she's super tired it might be trickier). Then we do a diaper change, Dad reads her a book, we put her in her sleep sack, help her say a quick prayer (aka we say it haha, she's 5 months!), take her in her room and walk around for a minute or two with the sound machine on, and set her in bed!" - Kaitlin*

*"Our bedtime routine starts 30 minutes before bed. I nurse with lights on and some music, then bath time (which is usually pretty quick - I only wash my son's hair once or twice a week). Then a diaper, quick baby massage, pj's, and into the sleepsack. Last we put on his sound machine, dim the lights, read a book (the same book every night), and then into his crib." - Maya*

*"We do a sponge bath, diaper change, nursing session, 5-minute walking and holding in baby's room, and then place her in the crib." - Kim*