



Taking a Ride on Butterfly Wings Activity Page for Children and Families

GOOD NIGHT

Bedtime can be the least favorite time of the day for children. Depending on a child's age temperament and developmental phase, various issues can arise around this sometimes-dreaded part of the evening.

Some children, exhausted by the day's activities, can fall asleep on their own, rather quickly. If you are lucky enough to have one of these children, you may not want or need any of the recommendations in this article.

But other children have a hard time winding down, separating from family, settling into bed, and falling asleep. This difficulty can lead to frustration and create conflict for families at a time when everyone is tired.

Following are some useful suggestions for a **Good Night**, generally geared toward preschoolers and elementary age children but can be adapted for any age.


Bath, Bed, and Beyond

Evening Routine – Establish and maintain an Evening Routine.

Be as consistent as possible so that it becomes expected and predictable, especially on school nights. Once the routine is determined/set, it can be posted as a list or a chart, with visuals, as a reference and a reminder for everyone.

Quiet Time - After dinner should be designated as Quiet Time.

Save dance parties and tickle time for during the day. Self-regulation is a difficult skill for many young children.



*(Note to families: Taking a Ride on Butterfly Wings is an example of a mindfulness technique often referred to as Guided Imagery. It can be a highly effective strategy useful in many situations to help children and adults relax, unwind, and calm down, especially when combined with soft music, and breathing exercises.)