

Name: _____ Date: _____

CALMING/ ORGANIZING ACTIVITIES FOR BEDTIME



A good night's sleep makes a world of difference to everyone. With poor sleep patterns, children may not get enough sleep and may have difficulty waking in the morning. The following are a variety of ideas to help your child get ready for a good night's sleep.

MOVEMENT

- Play sports or engage in physical activity everyday (before supertime is best)
- Pull on theraband
- Progressive relaxation (squeeze muscles and then relax)

TOUCH

- Rub on hand/ body lotions
- Sleep with a hot water bottle
- Take a bath before bedtime

DEEP PRESSURE

- Sleep with a body pillow or sleeping bag
- Give child a massage or joint compressions
- Squeeze the child between sofa pillows prior to going to bed

ORAL MOTOR

- Drink water with a straw (curly straw is best)
- Slow, deep breathing

OTHER

- Listen to favorite relaxation music
- Put a white noise maker in the room to filter out background noise
- Try a bed tent to block out light and noise
- Use dark blinds to cut out light
- Set up a predictable routine prior to bedtime
- Eliminate rough and tumble play prior to bedtime