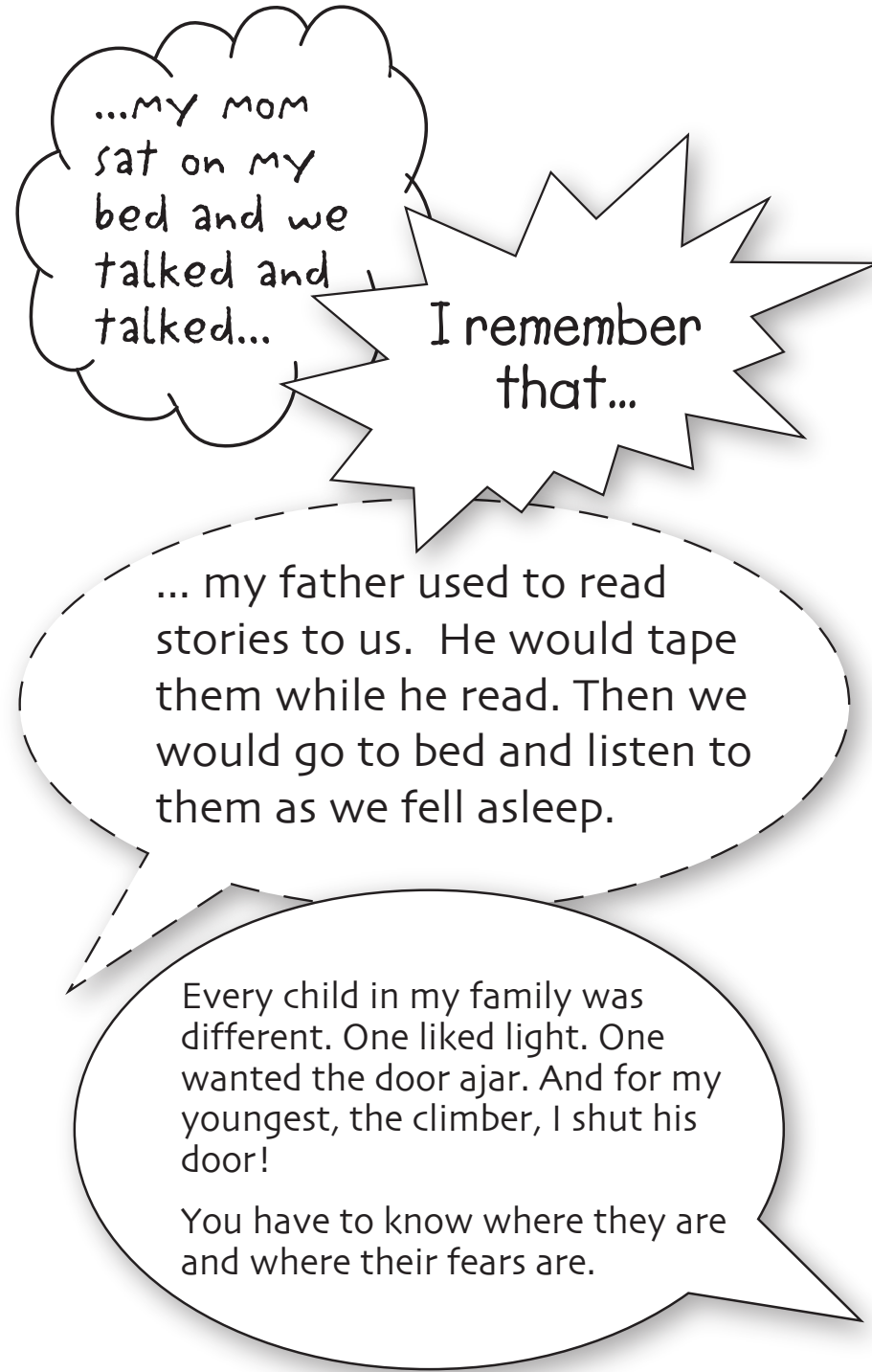


Some ideas about bed time:



- **Pick** three to five cards that best fit your family. Use the crayons to colour them in.
- **Post** the cards in a place for your child to see.
- **Create time.**
Expect that going to bed is a process, and create space, from 15 minutes to half an hour.



Bed Time Made Easier



FOR INFORMATION
ABOUT SERVICES IN CALGARY
CALL 211

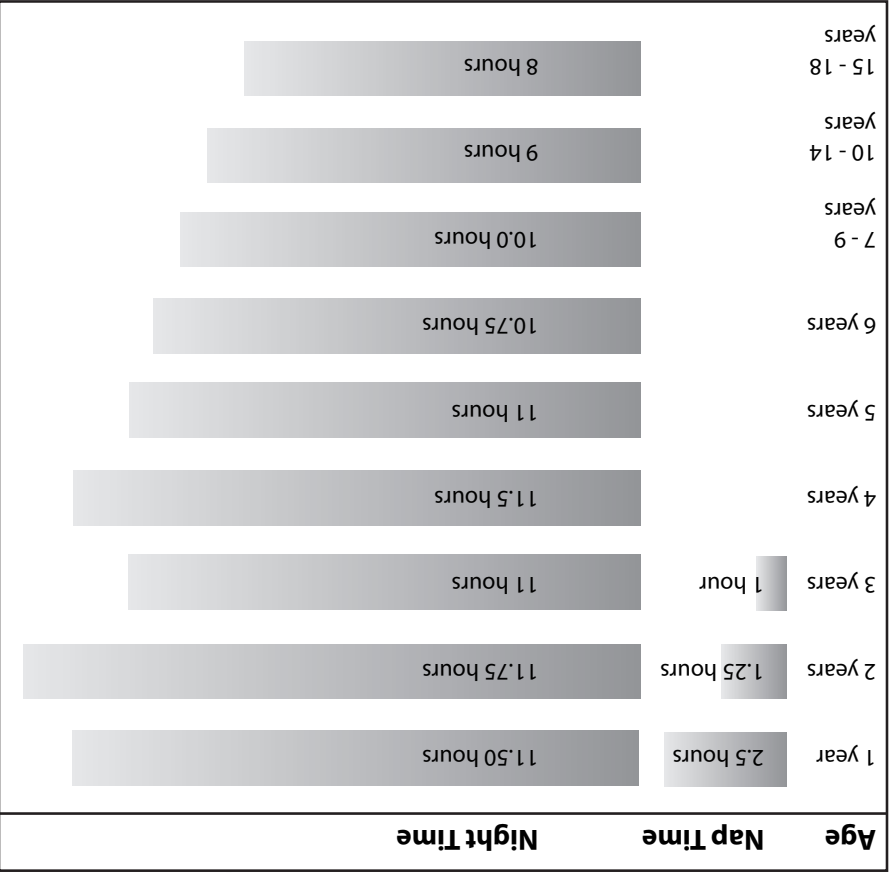
Bed Time Made Easier
Cards

Calgary Board of Education Kindergarten Team
with the assistance of Communications Services

Calgary Board of Education



How Many Hours of Sleep?



R. Christophersen and S. Mortweet, Parenting That Works, USA: American Psychological Association
R. Huntley (1991). The Sleep Book for Tired Parents. Seattle, WA: Parenting Press, Inc.

Bed Time Made Easier

Keep your extra cards here!

Make bed time special.

- Some parents use this time to:
- End the day on a positive note.
 - Calm your child.
 - Connect.
 - Remember the good things of the day.
 - Think about tomorrow's plans.
 - Chat about what your child learned.
 - Find out about friends.
 - Tell a family story.
 - Sing a favourite song.
 - Rub your child's head, and hands and feet ... comforting and calming touch.
 - What will you want your child to remember about their bedtime?

bath



hug



teddy bear



close eyes



pyjamas



song



water



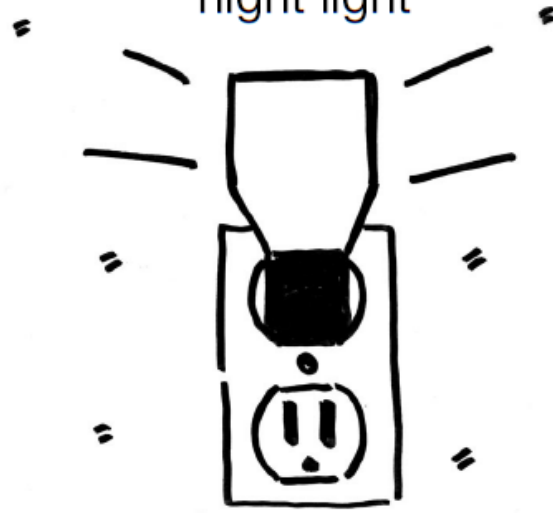
chat



bathroom



night light



music



good night



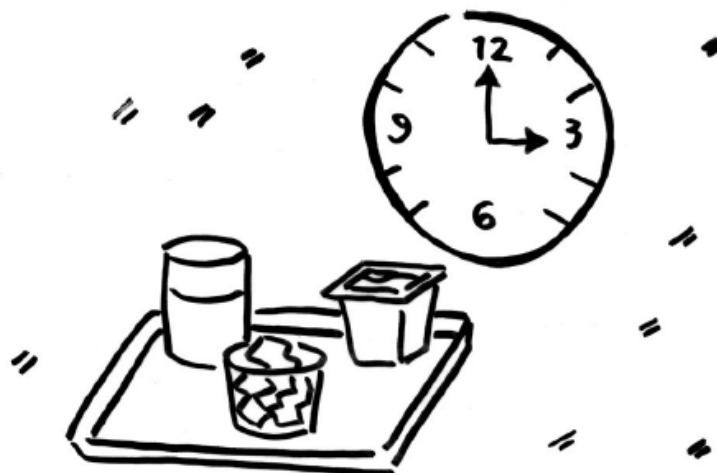
brush teeth



prayer



snack



story time

