

Top Ten Tips To Get Your Kids to Fall Asleep

1. **Avoid big meals:** Avoid feeding your child big meals close to bedtime. Do not provide anything containing caffeine less than six hours before bedtime.
2. **No television or electronics:** Turn off television or other electronics before bedtime.
3. **Warn your child 5 minutes:** Warn your child that bedtime is in five minutes, or give him/her a choice.
4. **Read a story:** It's better to read a favorite book every night than a new one because it's familiar.
5. **Avoid singing:** Avoid singing or rocking your child to sleep. This can wakes the child in middle of the night and your child

Source:

<http://www.parents.com/kids/sleep/10-tips-for-helping-your-child-fall-asleep/>

will want you to sing to get him/her back to sleep.

6. **Make sure child is comfortable:** Clothes and blanket should not restrict movement, and the bedroom temperature shouldn't be too warm or too cold.
7. **Wait moments before responding:** It will remind the child that he/she should be asleep and it will give a chance to soothe and fall back to asleep while waiting for you.
8. **Remind your child its bedtime:** Kindly tell your child that it is bedtime until the alarm clock goes off.
9. **Provide your child tools:** Give your child tools to overcome worries such as stuffed animals, or flashlight.
10. **Reward your child:** Give your child a prize for sleeping thru bedtime.

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