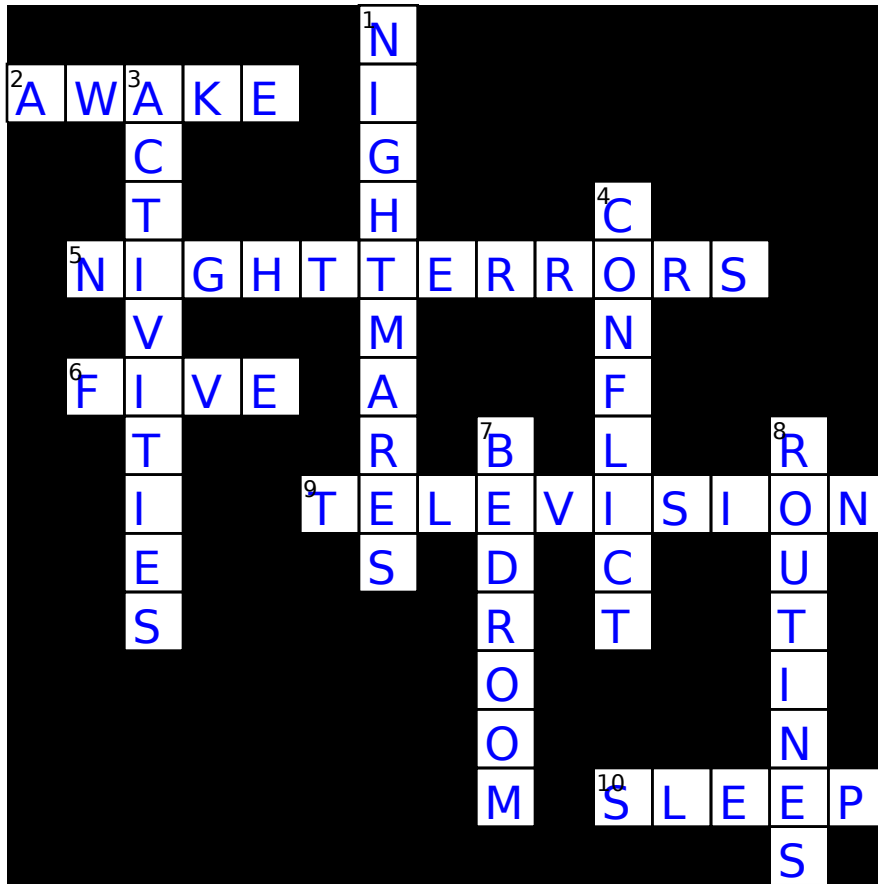


Bedtime Routine

TIPS for Great Kids



- 2 Across
how a child should be put to bed so he can learn to fall asleep himself
- 5 child appears awake during these but is not
- 6 children up to this age need 10 to 12 hours of sleep daily
- 9 turn this off prior to bedtime routine especially
- 10 important for young children because developing brains need extended periods daily

- 1 Down
bad dreams which generally occur later in the night (4 am to 6 am)
- 3 it is recommended to do 4 to 7 of these each night in the same order
- 4 minimize a child's exposure to this to aid in sleep
- 7 in America, 43% of 4 to 6 year olds have a television here
- 8 family _____ are a buffer against stress for children