



PARENTING TIPS DIGITAL HANDOUT

Project Enlightenment • Office of Early Learning • Wake County Public School System

Creating a Night Routine: Simple Steps for Success!

The child's steps:

Clean up.

Plan ahead for tomorrow.

Brush teeth, potty and wash up.

Put on nightclothes.

Read and say goodnight.

Simple adult tips that might make it smoother:

- *Begin at the same time every night.*
- *Make sure the TV/Screen is off first.*
- *Have child put away toys in bedroom or play area.*

- *Pack book bag, place near door.*
- *Help child choose clothing based on weather. Lay out clothing in the same place so it is ready for the next day.*

- *Do all this at once to limit movement around the house.*
- *Encourage independence in the bathroom.*
- *Have the last drink of water now.*

- *Ask child to put dirty clothes in laundry.*
- *Help only as necessary.*

- *Provide each child with pleasant, individual time with parent or adult.*
- *Snuggle and read a book.*
- *Turn on a night-light.*
- *Say goodnight.*
- *Come back and check on your child.*



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