

Calming Activities to Assist with Bedtime

- Routines are important. Start simple and work up. Plan to take a bath and go to bed at the same time every night.
- Engage in heavy work such as pushing, pulling, carrying heavy objects before the bedtime routine begins
- Turn off all electronics
- Use low lighting.
- Allow the child to listen to calming music or books on tape.
- Use a soft voice and slow down your speech and movements while talking.
- Avoid rushing the child.
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- Provide a dimly lit, enclosed cuddly space (such as a refrigerator box) filled with lots of pillows or floor tent.
- Create a hideaway using towels, sheets, blankets and other materials for placing over a table or two chairs put together as a fort for the child to rest in.
- Help the child wrap themselves in a blanket to calm the child.
- Apply gentle, but firm pressure to shoulders.
- Rock in a rocker.
- Read book
- Allow the child to have quiet fidget toys, chew toys/tubing, or squishy/stress balls to squeeze.