

6 top tips for a great bedtime routine

Thought you'd said goodbye to a good night's sleep when your little one arrived? Think again! We've teamed up with Fairy Non Bio to share six tips for a bedtime routine that will help your child sleep through the night. *Zzzzz.*



1

Pick your bedtime

What time your child goes to bed will change as they get older. Set a bedtime that works for your child (and you). As a guide, babies under one need 12-16 hours sleep including naps while children aged between six and 12 need 9-12 hours a night.



2

Run a bath

Adding a warm bath into your child's bedtime routine will help relax them ready for sleep. Pick a bath toy and a gentle bubble bath for a soothing, sleep-inducing soak. Remember: never leave your child unattended in the bath.



3

Read a story

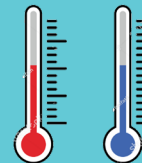
A bedtime story is one of our favourite parts of a bedtime routine. It doesn't matter how young your child is, they'll love the soothing sound of your voice. Dim the lights and snuggle up with your child as you read their favourite book.



4

Get their room sleep-ready

If your child is sleeping in their own room, make sure it's the right temperature (between 16-20 degrees). Some children like their room to be super dark while others prefer a night light. Find what works best for your child and sleep is (practically) guaranteed.



5

Give bedding the snuggle-factor

Boost your child's sleep with snugly soft sheets. Try laundry products designed for your child's delicate skin. Fairy Non Bio's Sensitive Skin Dream Team – Fairy Non Bio PODS® and Fairy Fabric Conditioner – gently cleans clothes and leaves them feeling super soft with a mild, just-washed scent.



6

Be consistent

Children love routine. So whatever bedtime routine you pick, try and follow the same pattern every night. Good luck!



Soft bedtime can be an important bonding moment - but those moments are harder to come by for some families. That's why **Fairy Non Bio** supports vital family services at **Great Ormond Street Hospital**, helping those families to create their own moments that matter.



Your child's #SnugglySoftBedtime reward chart

Give your child a star for each step of the bedtime routine they complete. 

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Have a splishy-splishy bath							
Brush your teeth							
Get into your snuggly soft pyjamas and bed sheets							
Listen to your favourite bedtime story							
Stay in bed until morning*							

*This star can be added the next day (hopefully!)

