

# Helping Kids to Sleep

Modern Strategies for Babies & Children





External and internal environments are just as important to our child's sleep as it is to ours.

**External environment** is what surrounds us, such as our homes and bedrooms

**Internal environment** is what is inside of us such as eating habits and emotional regulation.

# Low Lights



Lights confuse the body's internal clock (circadian rhythm). Dim the lights in your house after supper.

Avoid LED lights in the bedroom. Use yellow or red lightbulbs instead.

Tape over any mini lights that are on the sound machine, Google Nest, etc.

# Calming the Body



Gradually get the body ready for sleep through calm activities.

A bath, shower, massage or EFT tapping are fantastic options.

You can include essential oils into these activities as well.

# Story or Lullaby



Read a quiet story or sing a quiet lullaby, or both if you like!

Focus on this activity for at least 3 to 4 minutes.

Read or sing yourself, don't reach for your device!

Your voice is very soothing to your baby and child.

# Visualization



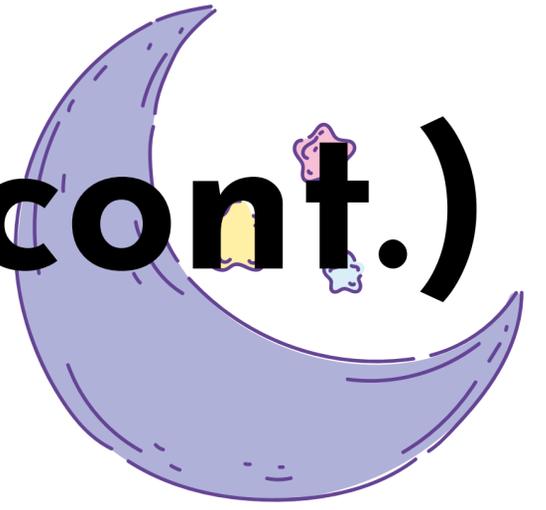
Narrate a visualization or a make-belief story to your child.

Pick your child's favorite spot: camping, beach, playground, picnic spot.

Avoid mentioning exciting activities.

Focus on observing the surroundings.

# Visualization (cont.)



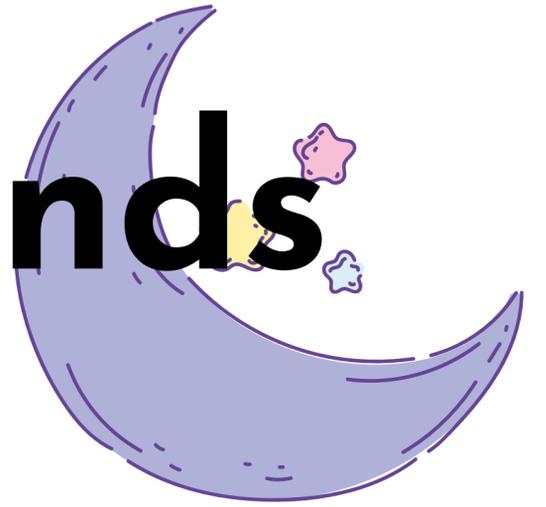
Describe the sounds of birds singing.

Describe what you see:  
butterflies, rainbow, clouds

Describe the feeling of the grass under their feet or the sensation of sand between their toes.

Don't be shy, this works great with babies as well!

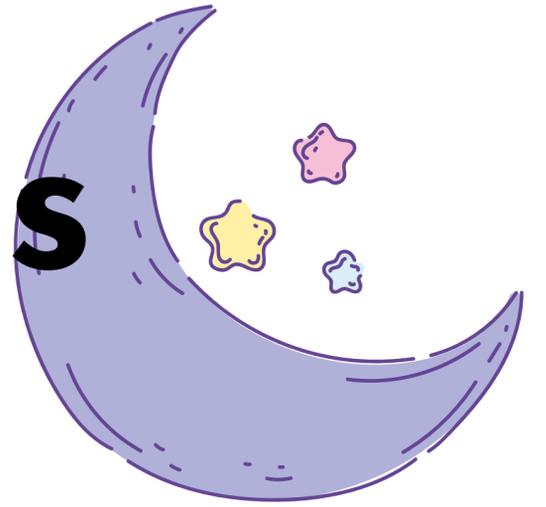
# Soothing Sounds



Play soothing sounds in the background during the preceding activities, or at the end of bedtime.

- white noise
- nature sounds
- sleep meditation
- Tibetan singing bowls

# Other Tools



Here are some other tools for sensitive children that you may want to explore:

- weighted blanket
- body pillow
- push the bed into a corner
- Comfy clothes, not necessarily pajamas