

LET'S GET READY FOR BED

Oral health activity



Learning about daily routines – the regular events and activities in their day – helps children understand how their world is organised... and also makes family life run smoothly! When children learn about and begin to practise the tasks in the routine, it helps them develop healthy habits, builds confidence and grows their independence.

What you need

- **This is How I Get Ready for Bed** (bedtime routine activity) or plain paper to draw your own
- Child-friendly scissors and glue
OR drawing materials for children to illustrate the steps in their own routine



What to do

- Talk with children about routines - a set of activities or steps completed in a certain order that we repeat.
- Talk about their morning and bedtime routines (see talking points over the page) and identify the common activities.
- Work together to create a routine chart for playgroup, childcare or kindergarten. List up to 5 or 6 steps. Invite children to draw or cut out pictures for each step.
- Families can create a bedtime routine chart.

What children are learning

- Developing an awareness of routines - regular events or activities in their day
- Contributing to routines that help maintain their health
- Understanding that sleep is important for a healthy body and a bedtime routine helps prepare us for a good night's sleep
- Developing an understanding and respect for the way other families live



What children are learning
(links to the VEYLDF)

Outcome 3: Wellbeing

Children take increasing responsibility for their own health and physical wellbeing

healthyfamilies
healthysmiles

OHV Oral Health
Victoria

MORE ACTIVITY IDEAS

Let's read a book

- **The Going to Bed Book** by Sandra Boynton
- **Maisy goes to Bed** by Lucy Cousins
- **Goodnight Moon** by Margaret Wise Brown
- **Dora the Explorer It's Time for Bed** by Nicole Castonguay
- **Sleep is for Everyone** by Paul Showers
- **Where Do Diggers Sleep at Night?** by Brianna Caplan Sayres
- **Time for Bed** by Mem Fox



You can find a lot of children's books on the subject at your local public library.

Talking to families about bedtime

"A bedtime routine helps children relax and unwind and prepare them for a good night's sleep. Routines also help children know what to expect and when to expect it."

"Including toothbrushing as part of the routine teaches your child that brushing teeth is a part of daily life."

"If you are starting a new sleep routine for your child, talk about the steps with your child during the day. Creating a bedtime routine chart together can help your child feel part of setting the new routine."

Steps to a good bedtime routine

1. Choose a sleep time – somewhere between 7pm and 8pm often works for young children.
2. List activities in your child's bedtime routine.
3. Work backwards and plan quiet activities for 30 to 60 minutes before your child's bedtime.



Let's sing along (videos)

Ten in the Bed by BBC

Twinkle Twinkle Little Star by BBC

Titji Lullaby by ABC Kids
(on ABC Kids App or iView)



Talking to children about bedtime routines



- "How do you get ready for bed? Do you have a bath, brush your teeth, read a book, put on pyjamas, kiss goodnight?"
- "Do you remember what the character in the book does to get ready for bed?"
- "Who do you say goodnight to every night? Do you have a special sleep friend - a doll, teddy bear or soft toy?"

Talking to children about sleep

- "We sleep because our body needs time to rest, to get ready for the next day."
- "Having enough sleep keeps us healthy, happy and doing our best."
- "When your body doesn't have enough sleep, you can feel tired or cranky."
- "It's good to do the same things at the same time each day to get ready for bed. This routine helps your body get ready for sleep."

