

# SHIFT | SNUG | SNOOZE

## A BEDTIME ROUTINE FOR BETTER BEDTIMES

It's common for kids to struggle with sleep at some point in their childhood years. Extra family stress & disrupted routines, cause of COVID-19, are likely making sleep struggles worse.

Predictable routines are vital during a time like this. Routines offer kids predictability, a sense of security, a chance to practice self-calming skills, a sleep cue for the body and mind to wind down, and a better chance of sleeping through the night.

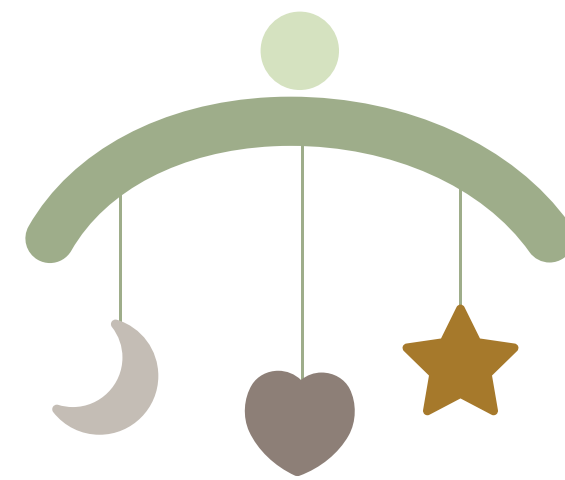
Routines are also good for parents. They can offer a sense of control, consistent expectations, fewer arguments, & a pleasant way to end the day with love & connection.

Try the Shift, Snug, Snooze routine from Dr. Dawn Huebner to make bedtimes easier and promote healthy sleep for everyone in the family.

Learn more: Dawn Huebner, PhD; [What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep](https://www.dawnhuebnerphd.com/books-by-dawn/)  
<https://www.dawnhuebnerphd.com/books-by-dawn/>

## SHIFT

Goal is to slow down & quiet the mind & body. Activities serve to cue the brain & body that bedtime is coming.



### Process:

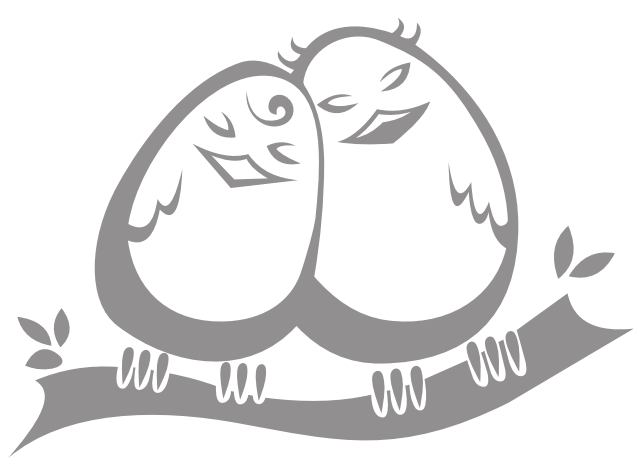
Start by shutting down devices & dimming lights, about 30 minutes (or more) before bedtime.

Have a consistent, calm activity 10-15 minutes before getting into bed. Try: Stretching/yoga, laying out clothes for the next day, cuddling pets, or light conversation (avoid heavy subjects).

End with child getting into bed.

## SNUG

Goal is to create a feeling of safety & coziness with an intentional, calm activity in bed with child (or child alone if they prefer).



### Process:

Give about 15 minutes for this time.

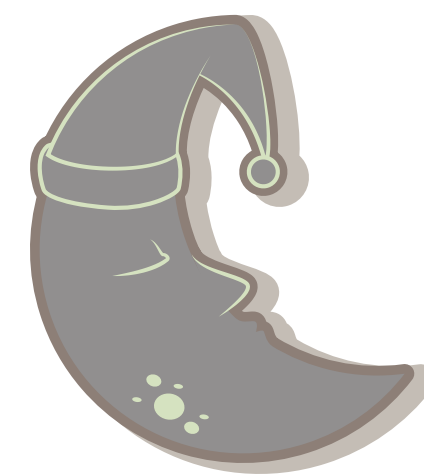
Try a self-soothing activity like a breathing practice or meditation.

Reading, calm songs, journaling, or drawing are other great activities... just no screens!

Try to have the same activity for two activities for several weeks to promote conditioning.

## SNOOZE

Goal is to tell the brain it's time to sleep, initiated by the predictable & calm activities & affirmed by this closing ritual/practice.



### Process:

Child finds comfy position in bed.

Turn on white noise, music, or aromatherapy if that is something your child enjoys and assists their sleep.

Turn lights out.

Say a goodnight phrase and/or a gentle, "I love you" as you leave the room.