



Rest and Sleep Routines for Children

When children are excited and playing, it may be hard to switch into a calm, quiet time. Creating soothing, predictable, naptime routines helps everyone settle down and be able to rest.

Try out these rest and sleep tips to see which will work best for you and the children in your care.



Relaxing Routines

Nap and bedtime routines (like eating a snack or reading a story) let children know what to expect and can help make rest time go more smoothly for everyone. Watch this video for some tried and tested routines to help little ones settle down.



sesame.org/time-for-a-nap/



Power Down

To use up any leftover energy, try playing a simple game. For example, you can ask "How does a frog stretch?" Or "Can you stand like a tree and reach your arms up?"



sesame.org/stretch-breathe-move/



Restful Stretches

Belly breaths and simple stretches are a good way to get our bodies relaxed and ready for rest. Listen, stretch, and breathe along with Elmo in this audio moment.

With smaller children, you can point to different parts of their face and say, "Let's rest our eyes. Now let's rest our ears. Now let's rest our nose."



sesame.org/transition-time-rest-and-nap/



Sweet Sleep Melodies

Hearing a familiar lullaby helps tell children that it's time to rest. Sing along to some favorite songs together, or use a device to play a song to soothe children into their sweet slumber.



sesame.org/lullabies/
