

Sleep Struggles... and Successes

Naptime, bedtime, and middle-of-the-night wakeups can be challenging for children and adults alike. Check out these videos, articles, and printable pages to help soothe and calm children.



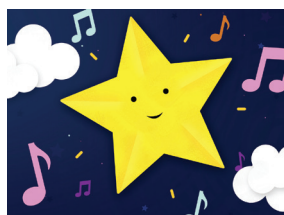
Relaxing Routines: Nap and bedtime routines let children know what to expect and can help make rest time go more smoothly for everyone. Watch this video for some ideas to help little ones settle down.



Power Down for a Nap: To use up energy when nap time is coming, 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?”



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. 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 noses.”



Sweet Sleep Melodies: Hearing a familiar lullaby lets children know that it’s time to rest. Sing along to some favorite songs together or use a device to play a song to soothe children to sleep.



Sleeping Through the Night: You’ve done the full bedtime routine, and you know your little one is tired... so why do they keep waking up through the night? Here’s how Elmo’s daddy works through these common moments when everyone needs a little rest.