<u>DOs and DONTs on how to *easily* put your kids to sleep</u>
By Dr. Michel Nawfal

Putting a kid to sleep is not always an easy task. Often they are not sleepy, want to play or don't want to be left alone. Nevertheless, growing kids need to rest well because their bodies are growing at a very fast pace and enough rest is necessary. The most important thing to understand is that YOU are the boss.

DOs
Put your kid to bed at the same time every night
Have your child use the bathroom before going to bed
Avoid having a kid engage in a lot of activity before bedtime
Switch off the TV or any video game a long time before bedtime
Make sure the sleeping environment is comfortable and soothing (comfortable temperature, lighting, ventilation, calmness)
Make the room inviting, decorated in a way to attract the child to be in it
Consider the size of the bed
Encourage the use of stuffed animals. It makes the child feel safe and not alone.
Don't get your child used to having you next to him/her every time before bedtime
Praise the kid once they accept going to bed to reinforce that behavior
A final good night from you
Praise the child the next morning for having followed your bedtime instructions the night before

DONTs
Do not accept that the child gets out of bed and stay out of bed. Return him to bed immediately
Make sure nothing is bothering the child in bed like the mattress, any noise, nightmares
Reassure the child while putting him/her back to bed
Do no easily give up and answer the child's crying (you can still sneak to make sure he/she is safe though without letting him/her notice)
Do not yell at a child for not falling asleep
Do not show too much attention if a child awakens. Put him/her back to sleep.
Explain to the child that he/she should sleep in their own bed

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