

Bedtime Strategies and Ideas



Your child needs help to settle into a bedtime routine. It is important therefore to decide upon a routine that is realistic for your child to achieve and set about introducing this.

Here are a few ideas to get you started.

Bedtime Routine

Make sure that strategies are in place if your child finds it hard to deal with. For example, decide if your child is allowed to roam around the house late at night or should they be encouraged to remain in their room with supervision. It is important that everybody's approach with your child is exactly the same so that they can be sure of the boundaries and that these do not change dependent on the person. Once you have decided on a behavioral strategy for the bedtime routine, you could utilise sensory activities that prepare your child for this routine. Your child will need assistance to be able to calm their body down so that they can go to sleep, as it is difficult to calm them self-down to go to sleep when they are quite hyperactive.



Strategies that you could use to help with bedtime routine to assist your child to calm down.

- Environment - the colour of their room is a consideration since bright and vivid colours induce activity, therefore, pastel colour rooms induce calmness. Also avoid vivid coloured pictures and displays on the wall when encouraging your child to relax and concentrate.

- Decrease auditory and visual stimuli - some children find it hard to process both auditory and visual information at the same time. Imagine trying to talk whilst in the same room a baby is screaming the TV and radio is on loud. This can be what it is like for children at times. It is therefore beneficial to try and quieten the environment of sensory stimuli to prevent this 'overload'. This does not mean turning off all lights and no talking, as this is not a realistic option. Use relaxing music or calming music in a softly lighted room

Autistic children can have problems with getting to sleep and staying asleep.

Sensory Compression Blanket Sensory Bed Sheet for Kids - Help Kids Ages 5+ Settle Down at Nighttime - Comfortable Sleeping Bedding



•Think of activities that you may use to calm yourself down after a hectic day like a warm bath. When drying after the bath use a large bath sheet to wrap your child up in as this can provide some deep calming pressure throughout the body. Dressing for bed whilst still in the bathroom may also help.

•Provide slow rhythmical movements - this activates the vestibular system (movement system). Unlike jumping, climbing, and running which would also activate this system, slow rhythmical movements are calming. Holding your child and rocking them backwards and forwards, through cuddling and walking around or sitting in a rocking chair could do this.

•Calming through touch - When providing touch give deep pressure like a deep hug rather than light touch as this is too alerting. So, give deep pressure through massaging, back rubs or massages.

•Proprioceptive Activities - proprioceptive information that can have a calming affect includes deep pressure through the joints or muscles. Games that provide your child with this sensation are crawling, squashing games with pillows, using a heavy blanket, hiding under heavy pillows and pressing gently through them. **(do not let your child sleep with weighted blankets or weighted vest).**



Dreamscene Star Teddy Fleece Kids Weighted Blanket for Children Sleep Therapy Anxiety Autism Reversible Soft Fluffy Quilted Throw, Silver Grey, 100 x 150cm, 3kg(6.6lb)



•Encourage relaxation time like reading a story.

•Certain aromatherapy oils can also induce calmness.

Oils can also be added to a bath or used when massaging.



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33:01



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14:09



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This App Features:

- A deeply relaxing 13-minute audio track.
- High quality professional recording techniques.
- Christiane Kerr's beautiful calm reassuring voice guiding you into a completely relaxed state of mind & body.



**For Any Advice please contact the OT Team at Strathmore
Charlotte, Alison and Helen**