




Let the fun
begin 😊





As a parent or carer, you may be looking forward to your child beginning or returning to their Early years Centre in August.

For most of us these past few months have been a time when we will have spent an extended period of time together. This means that we and our children may need a little extra support to help settle and adjust to these new experiences. We know that routines can help our wee ones feel comfortable and safe especially in times of change, therefore we have put together some simple information and ideas on how you can help with this.

It's really beneficial to begin preparing your child for any change in advance. If you are hoping to establish a routine - begin at least 3 weeks before your child is due to begin or return to nursery.

When your child begins or returns to nursery—it is likely they will feel more tired than usual. Oftentimes tiredness and separation can affect your child's emotions and behaviour. This might mean that your wee one may need a wee bit of extra love and attention from you—especially at bedtime. The comfort and security of a routine can really help with this and can provide a time to snuggle and reconnect after a busy and tiring day.

Get your wee one involved in creating the routine by using the timetable we have provided. Make it simple and fun. Choose 2 or 3 of the pictures to begin with and let your child stick them onto somewhere you can all see them. Chat to them about it throughout the day to remind them of the plan. This will help them understand and feel they are helping to make decisions about the process.

Please remember:
Creating a routine does not happen overnight. It will require energy and perseverance from all of the adults in your child's life. However, sticking to it will benefit everyone—especially you—when you get some well-deserved time to yourself at night.

If you would like a friendly chat, further support or just to let us know how you get on with your routine - please e-mail me at shevon.moran@south-ayrshire.gov.uk

It will be great to hear from you!

Bedtime Routine



Dinner Time

Have a nice relaxed dinner time together as a family. Talk to your child about their day and ask them what they enjoyed doing.



Quiet Toys

After dinner provide your child with some quiet toys explore to help them relax before bed. Try jig-saws, threading toys, building blocks, board games etc.



Bath Time

Settle your child down for the night by having a nice relaxing bath which will allow their muscles to relax. You could also play calming music. After the bath your child may enjoy a massage to their feet, back or legs. Use baby lotion or any body lotion to do this. Massage supports relaxation as well as bonding before bed.



Healthy Supper and Brush your Teeth

A healthy snack will help your child to have a great night time sleep by keeping their tummy's full as they sleep. Brush their teeth before bed to make sure food, sugars and bacteria which is in their mouth is removed to keep their mouth and teeth healthy.



Story Time

Cuddle up and have a bedtime story with your child to help them to drift off to sleep. A story will help to relax their mind supporting them to relax and have a great nights sleep.

Top Tips

Try to keep to the same routine at the same time every night.

If your child is worried on a night why not introduce a worry box where they talk about their worries before going to sleep.

A blanket, teddy or toy to cuddle may make your child feel more comfortable before they go to sleep.

If your child has bad dreams why not create a dream catcher to catch these and help them relax

Encourage your child to go to bed on their own and fall asleep so if they wake in the night they are able to get themselves back to sleep.

This poster has been created by South Ayrshire Council Family Learning Team if you would like any more information or support please contact Shevon, shevon.moran@south-ayrshire.gov.uk or child's centre and leave your contact number for us to call you..



😊 Bedtime routine😊



Have quiet time after dinner

Top Tip

Spray lavender on a pillow



Have a warm relaxing bath

Top Tip

Give your child a hand or foot



Have a hot drink/snack

Top Tip

Play relaxing music



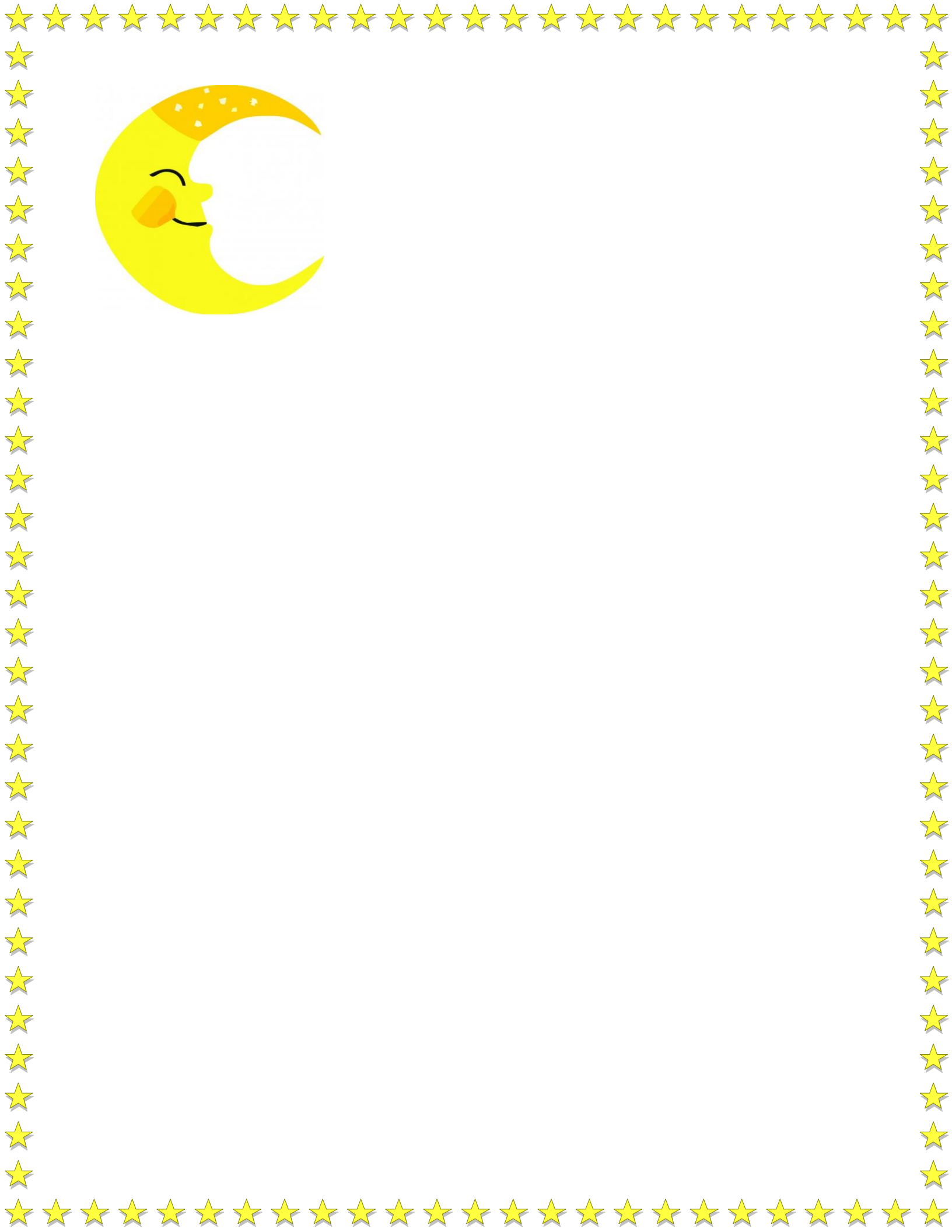
Brush your teeth



Listen or read a book/story

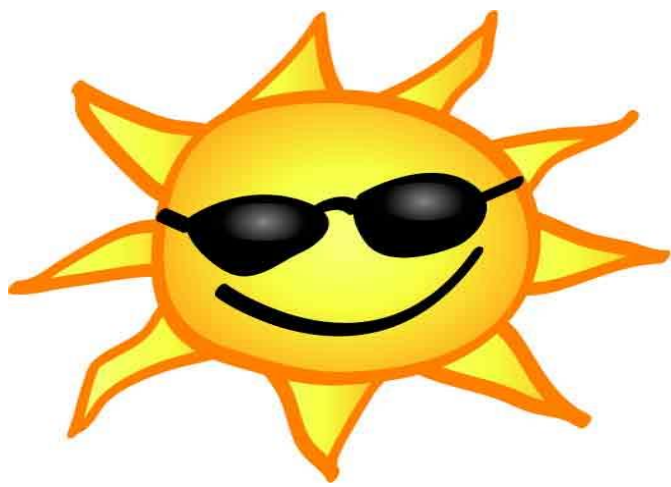
Top Tip

Dim the lights, use a nightlight



Some things you might do before you go to bed.
Cut and stick on to your "Mr Moon" sheet to make your
bedtime routine.





Some things you might do before you go to nursery.
Cut and stick on to your "Mr sunshine" sheet to make
your morning routine.

