

-Reclaim Your Nights-



5 Strategies

To improve your
TODDLER'S sleep
tonight.

*Moving your nights
from chaos to calm*



Plume
Sleep Solutions

things to shift

for more sleep

1.

set the bedtime and stick to it.

YOUR KIDS ARE PROBABLY OVERTIRED

I hear from so many parents about how they keep their children up later so they sleep in more and do not fight back as much going to sleep. The problem with that theory, it's 100% inaccurate. (And they usually wake up more.)

When a child is overtired, their body is flooded with stimulant hormones, that stay with them from bedtime throughout the night, causing disruptions in their consolidated and restorative sleep that helps them wake refreshed.

NEW ACTIONS TO TAKE:

- Setup the age-appropriate bedtime for your child. (p.s. they need more sleep than you think).
- Be firm in your new rules about bedtime.
- Use a timer to setup the transition and signal it's bedtime. Five & two minute warnings.
- Keep transitions fun.

things to shift for more sleep

2.

create a solid *bedtime routine*

IF THE BOUNDARY IS FLEXIBLE, THEY WILL PUSH IT

A consistent bedtime routine helps children to understand what the expectations are around sleep. The routines we set up help signal sleep is coming and what they learn is what they come to expect for bedtime and even in the middle of the night.

The routine should be limited to 30 minutes, and include calming activities like a warm bath, storytelling, reading or journaling. A cuddle or snuggle is OK, just make sure it's not to sleep, or you will be laying in there for hours (which may be how you found us.)

NEW ACTIONS TO TAKE:

- Use a timer to setup transitions from calming time to sleep time.
- Foster independence and empower them to make choices.
 - "Of these 3 books, which 2 would you like to read?"
- Kids like to be in control but YOU have to set the boundaries and expectations. Consequence the wrong behaviour.
- Teach them to settle without you. Ask yourself if they "want" you or "need" you and balance your response off that answer.

things to shift for more sleep

3.

limit exposure to devices

THEY ARE OVERSTIMULATED AND CAN'T CALM THEIR MINDS

In this day and age, screens are everywhere. It can be a real challenge to best support our children's learning and education while balancing exposure to electronic devices.

It can be challenging to support their learning and education while balancing the exposure to these devices. Just by being aware of their use in the home can help you make more intentional decisions around them to ensure you are setting your child up well.

NEW ACTIONS TO TAKE:

- Keep the bedroom a device-free space. (Kids may delay bed or wake early just to watch, text and engage with friends)
- Set a limit on 'off-school' hours for device use.
- Turn off devices at least 1 hour before bed time.
- Mirror the behaviour you want them to emulate.
- Dedicate 10-20 minutes a day of child-guided 1-1 time. This will fill their attention and emotional bucket up before bedtime.

things to shift for more sleep

4.

teach them to *use their breath*

BEING MINDFUL INCREASES SELF AWARENESS AND JOY

How do you disconnect but stay connected with your children and empower them to be the best version of themselves every day in school and at home? How do you show up and remain balanced and in control in a time of chaos and uncertainty?

(breathe)

With anxiety, depression, and sleep deprivation on the rise, teaching your children the power of mindfulness, not just to manage anxiety, but to relax, improve sleep, practice gratitude, and have empathy for others is the best gift you can give them and it will last a lifetime.

NEW ACTIONS TO TAKE:

- Set aside time during the bedtime routine to practice mindfulness.
- Use the time to practice meditations with them (*it will be good for your balance and regulation too.*)
- Set aside breaks in the day, where you sit together and take 5 deep breaths, stand-up and give the body a shake.

things to shift for more sleep

5.

get some *fresh air*

SUNLIGHT AND EXERCISE ARE NECESSARY FOR THE BODY

The weather fluctuates but the time your kids get outside shouldn't. Experts agree that 60 minutes of outdoor play is good for their mind and their body.

Light also helps regulate a child's circadian rhythm and their body's natural clock. This helps to ensure they're ready for rest. Exercise releases soothing endorphins into the bloodstream and can help with the production of melatonin which makes us feel sleepy.

NEW ACTIONS TO TAKE:

- Build in outdoor play time into the schedule.
 - A relaxed family walk after dinner is our new thing.
- Create fun but simple games for them, like a scavenger hunt.
 - On rainy days, we have timed races around the first floor - mom is the reigning champ.
- Setup playdates in the neighbourhood outside, when you can. Socialization is important for children of all ages.
 - Do your best based on your circumstances
- Fresh air is good for you and them. Prioritize some time each day and get outside.

Plume Sleep

SLEEP CONSULTING for all families



Your success is our success. As Registered Nurses, we bring a level of expertise, compassion, and ongoing care that sets us apart from other sleep professionals. Our support doesn't end with a plan, we walk alongside your family with education, evidence-based strategies, and consistent follow-up to ensure lasting results. Because sleep evolves, our approach evolves with you, keeping every member of your household rested and thriving.

wondering what's possible?

LET'S CONNECT ON A FREE, 15-MINUTE sleep evaluation. No obligation at all. Simply an opportunity to talk about where you are right now, what's working, what isn't, what you'd like to see change and how we could support you through that change.

Rosalie & Jerika

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