



**APPRENDRE  
À DORMIR**

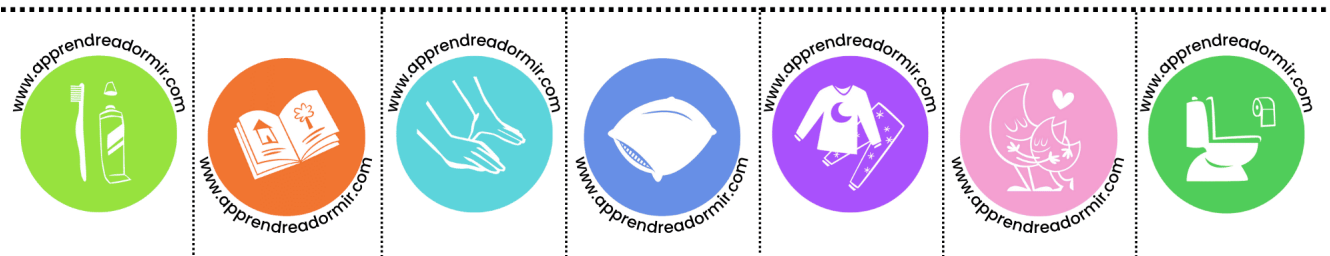
# Routine pictograms

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Photo by [Joshua Lanzarini](#) on [Unsplash](#)



Here are 7 [printable](#) pictograms to help make your [pre-bedtime routine](#) be fun and predictable.

Studies show that routines:

- promotes falling asleep
- reduces bedtime resistance
- helps consolidate sleep – reduces nighttime awakenings for children (and parents!)
- Helps children (and parents!) sleep independently.

**The pictograms** are images to illustrate the pre-bedtime routine to your child so that he can make decisions and gain autonomy.

The important thing is that the routine is a series of safe and predictable actions and activities, of short duration and easily applicable by all adults.

**For the routine to properly prepare for bedtime, research recognizes three criteria.** To remember them, we use the acronym [3S](#):

**Same: from one night to another (5 to 7 times a week, as much as possible)**

**Short: 15-20 minutes**

**Swappable: mom, dad or another adult**

### **How does it work?**

1. Choose the pictograms that suit your family with your child. Then, it is better to keep the chosen order for a while so that the child can commit to it. Don't hesitate to create pictograms together if some are missing for your routine.
2. When it's time to do the pre-bedtime routine (ideally before signs of [lack of sleep](#) and/or 21h), let your child place the pictograms of his routine in the order he likes. There may be small variations before you find HIS routine.
3. Let the child carry out **HIS** routine by referring to his pictograms.
4. Observe the pride and autonomy demonstrated by your child. Good night!
5. And start again! To observe the beneficial effects of the pre-bedtime routine, you must do it regularly. This means every night, as much as possible, or at least 5 times a week.

To learn more about pre-bedtime routines, read "[What is a pre-bedtime routine?](#)"



Pj time !



I brush my teeth



Bathroom time



A little massage for me



Story time



Time for a hug





Time for sleep, laying my head down on my pillow

[Download the pictograms](#)

**Inspiration and scientific sources:**

- Mindell, J. A., Williamson, A.A. (2018). **Benefits of a bedtime routine in young children: Sleep, development, and beyond.** Sleep Med Rev. 40: 93-108.  
<https://doi.org/10.1016/j.smr.2017.10.007>
- Mindell, J. A., Lee, C. I., Leichman, E. S., & Rotella, K. N. (2018). **Massage-based bedtime routine: impact on sleep and mood in infants and mothers.** Sleep medicine, 41, 51–57. <https://doi.org/10.1016/j.sleep.2017.09.010>
- Tsai, S. Y., Lee, C. C., Tsai, H. Y., & Tung, Y. C. (2022). **Bedtime routines and objectively assessed sleep in infants.** Journal of advanced nursing, 78(1), 154–164.  
<https://doi.org/10.1111/jan.14968>