APPRENDRE À DORMIR

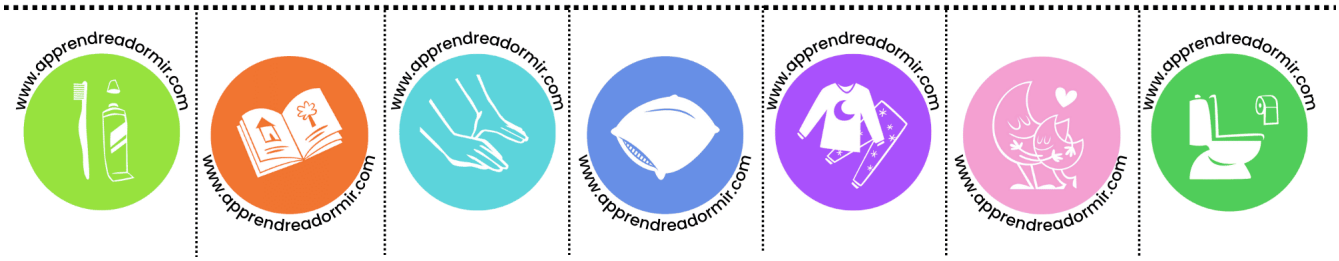
Routine pictograms

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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.smrv.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