



Favourite Parts

Bedtime On a Happy Note

Goal: Reflect on the best part of each family members' day together before bedtime.

[Tip]: Identify moments of happiness, pride, or gratitude.

Why is this important? Practicing positivity as part of a bedtime routine improves quality of sleep and gives a reassuring sense of consistency.

References: Mindell, J. A., Li, A. M., Sadeh, A., Kwon, R., & Goh, D. Y. (2015). Bedtime Routines for Young Children: A Dose-Dependent Association with Sleep Outcomes. *Sleep*, 38(5), 717-722. doi:10.5665/sleep.4662