

KixCare TIPS

How Can I Help My Child Manage Feelings After a Routine Change?



Is your toddler refusing to sleep at night? Is your 6-year-old not falling to sleep after story time and trying to keep you in their room? Is your teen up all night, not sleeping and tired all day? Routine changes come with a lot of physical and emotional adjustments.

- 1 **Give your toddler one-on-one time at night** as they could be missing you with the routine change to daycare.
- 2 Children have a big imagination. **Ask them questions.** Maybe they are scared of the dark or the monster in the closet? **Let them discuss why they don't want to sleep so you can support them through it.**
- 3 Teenagers love technology, and many teens have access to phones, TV, computers, and gaming systems. **Limit their screen time before bed to give their brain time to wind down and get ready for sleep.**

Cut here for a colouring sheet for your little one

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