

BEDTIME FOR TIRED PARENTS

Experts say that there are three attributes that will make a bedtime routine work-**Consistency, Consistency, Consistency!**

1. Start quiet activities about an hour before bedtime.
2. A warm bath may help your child relax
3. Set a routine-perhaps a favorite book, a drink of water and a good night kiss.
4. Set limits-one story, one drink of water, one kiss.

This may not solve all problems, but it is a good first step.

TAKE PRIDE IN PARENTING