

# Let's...

## Get ready for bed



### Let's try...

- having the same routine – wash face, bath time, brush teeth, have a story, goodnight kiss
- taking a favourite bear/blanket to bed
- reading familiar stories before bedtime

# Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart  
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