

Safe Sleeping: Breeze Through Bedtime

In order to get good sleep, it's helpful to have a consistent bedtime routine. Read the sample routine ideas below and color in the pictures.

Here are some common things people do to get ready for bed:

- Take a bath
- Put pajamas on
- Brush teeth
- Read a story

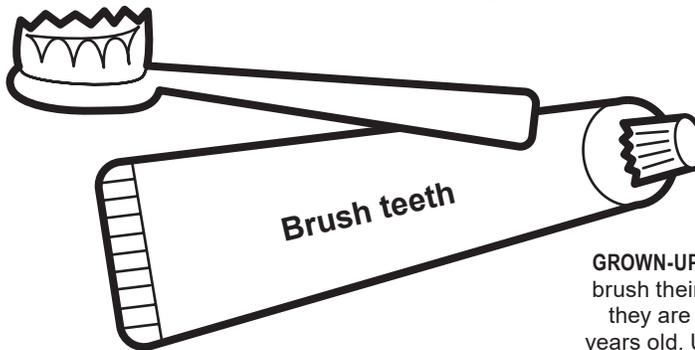
What do you do to get ready for bed? Add your own steps on the extra lines below:



GROWN-UP: Water should be shallow (just enough for washing and play) and not too hot or cold.



GROWN-UP: Make sure pajamas meet safety standards, fit snugly, and are comfortable.



GROWN-UP: Help kids brush their teeth until they are at least 6 years old. Use fluoride toothpaste once your child can spit.



GROWN-UP: Remember the ABCs of safe sleep for infants: Alone. Back. Crib.

