



Using The Basics Guilford at Bedtime

When the day winds down, it's time to get your children ready for bed. While brushing your children's teeth and getting them into their pajamas are an important part of the nightly routine, using The Basics can be as well! Here are a few ways you can use The Basics at bedtime:



Maximize Love, Manage Stress

Cuddle in bed with your child while you read a bedtime story or talk about their day. Check in on their feelings from the day and make sure they feel heard. Also, be sure to hug or kiss them goodnight!



Talk, Sing and Point

Describe the bedtime routine to your child. Ask them to pick out what pajamas they want to wear or clothes for the next day. Sing a lullaby as you tuck them in.



Count, Group and Compare

Count your child's teeth while you are getting ready to brush them. Or have your child count their stuffed animals before getting in bed. They can also group them from smallest to largest or oldest to newest.



Explore Through Movement and Play

As it nears bedtime, find some quiet games like peek-a-boo to play with your child to help them start to calm down for the night. Small stretches or simple yoga poses can also help children relax.



Read and Discuss Stories

Bedtime is the perfect time to read with your child! Snuggle up with them so your child can look at the pictures. Use expressive voices and ask questions. You can also make up a story of your own!