5 Ways to Create a Calm Bedtime Routine

FOR YOUNG CHILDREN

Simple, loving habits that help little minds and bodies relax and rest.



1



Read together every night.

A cozy story helps your child feel connected, loved, and ready to dream.

2



Keep screens away before bed.

Turning off screens at least 30–60 minutes before bed helps little brains wind down.

3



Let your child choose the bedtime story.

When children feel involved, they feel secure and excited for bedtime.

4



Talk about one good thing from today.

This builds gratitude, strengthens your bond, and helps children end the day on a positive note.

5



End with “I love you.”

Those three little words bring comfort, confidence, and the sweetest dreams.

Inspired by *Luna the Little Star*

A heartwarming story about believing in yourself, being kind, and letting your light shine.

Find free printables, the book, coloring book, and more at LunaTheLittleStar.com

