Children need at least 11 hours of sleep every night. Establishing a bedtime routine will help make it easier for children to hop into bed each night.

Watch the clock. Set a consistent bedtime for your child. Let your child know 30 minutes and 10 minutes ahead of time that they will need to start getting ready for bed soon. This will help your child adjust before the transition.

Relax before bed. Help your child calm down after a long day by reading stories, taking a warm bath, or listening to soft music as a part of your child’s nightly routine.

Consistency is key! It is important to stick with the routine even when it is met with resistance. Your child will slowly adapt if they know what to expect each evening.

Give options whenever possible. Children like to have some feeling of control. Let them choose which pajamas to wear to bed or which stuffed animal they are going to sleep with tonight.


**Health and safety needs**

- **My child knows:**
  - [ ] First and last name
  - [ ] Parent’s first and last name
  - [ ] Phone number
  - [ ] To follow rules for safety
  - [ ] Not to talk to strangers
  - [ ] To look both ways before crossing the street

- **Personal needs:**
  - [ ] On their own, can my child?
    - Brush their teeth
    - Wash their hands
    - Use the bathroom
    - Use tissue to blow nose
    - Button and zip pants and shirts
    - Put on and take off coat
    - Tie shoes

- **My child has had:**
  - [ ] Required shots
  - [ ] Dental exam
  - [ ] Vision exam

**Bedtime routine**

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- Give options whenever possible. Children like to have some feeling of control. Let them choose which pajamas to wear to bed or which stuffed animal they are going to sleep with tonight.


**Community Resources**

- **Shots 4 Tots N Teens**
  - Can assist with vaccines for kindergarten entrance
  - By appointment only
  - Lucas County Health Department
  - 635 N. Erie
  - Toledo, OH 43604
  - 419.213.2013

- **Tooth Towne**
  - Helps with dental exam required for kindergarten
  - 2130 Madison Avenue
  - Toledo, OH 43604
  - 419.241.6215

- **Sight Center**
  - Helps children with vision impairment
  - By appointment only
  - 1002 Garden Lake Pkwy.
  - Toledo, OH 43614
  - 419.720.3937

- **United Way**
  - Various referral programs
  - 424 Jackson Street
  - Toledo, OH 43604
  - dial 211

*Information provided by The Ohio Department of Education- Kindergarten Readiness Checklist http://education.ohio.gov/parents