

Bedtime Routine S

Having a good bedtime routine is the best way to create sweet sleep in your home. Bedtime routines are often some of the best talk time we can have with our children. We want to help you capitalize on this important time by equipping you with tools that will create significant conversation at bedtime.

1. *Doing a night time devotional with your child every night allows you to talk about the spiritual during a time when your child is most apt to talk about it. Here are some great devotionals to do with your child or to have him/her do independently:*

A. Read a story from a great story Bible like The Jesus Storybook Bible.

B. Jesus Calling by Sarah Young

C. Grace for the Moment: 365 Devotionals for Kids by Max Lucado

D. Real Girls of the Bible by Mona Hodgson

E. Triple Dog Dare: One Year of Dynamic Devotions for Boys by Jeremy V. Jones

2. *Create consistent conversation with some of these conversation starters:*

A. There are tons of “talk cards” or “conversation cards” on the market. It’s a fun adventure to pull one and allow each person to answer it, especially as your snuggled up on the bed with your little one.

B. Allow child to talk about his hi/low of the day.

C. Allow your child to rank her day. You can come up with your own ranking (numbers, words, etc.). Then, have her explain why she ranked it that way. If it was a tough one, talk about what she can do to make tomorrow better.



3. Cultivate a prayer time with your child:

A. Ask him what he's most thankful for today?

B. Are there family members or friends he wants to pray for?

C. Is there anything he needs to say I'm sorry for?

Bedtime provides a unique window into our child's heart. Take advantage of this time by infusing into your home a bedtime routine that allows you a lifetime of unlimited access straight to that heart.

