

Helping Kids Get to Sleep

One important way that children can help maintain their mental health is so simple, they can do it with their eyes closed: Getting enough sleep.

When your child is well-rested, they're more likely to maintain a healthy weight and a positive outlook on life, and they're less likely to succumb to colds or have trouble concentrating at school.

Kids don't always want to go to sleep on time, which can make bedtime a challenge for parents. If you're seeking strategies to help your child get more shut-eye or create an effective bedtime routine, *On Our Sleeves* has plenty of advice.

Our behavioral health experts have compiled helpful guidelines to streamline bedtime routines. We share the basics of good sleep hygiene, plus other creative ideas that should help your child nod off at the end of the day and wake up feeling refreshed.

- Learn more: [How To Help Your Child Get Enough Sleep](#)
- *Make your child's bedtime routine fun! Download our **Bedtime Routine Checklist** (available in English and Spanish) and encourage your child to check the box when they complete each activity every night.*