



# Bedtime Strategies for Children with Sensory Processing Disorder

The following strategies can help your child with SPD calm down and improve the process of getting to sleep:

## Have a Consistent Nightly Routine

- Completing a predictable bedtime routine decreases anxiety, gives your child control and establishes healthy habits.
- Use a visual schedule of the routine can assist the little ones with understanding the steps.

## Incorporate Rocking

- Typically, slow linear (back and forth), vestibular movement creates a calming effect.
- Rocking in a rocking chair or swing is a great activity to help your child wind down.

## Enjoy Bath Time

- Warm water is calming.

## Read a Favorite Book

- Reading your child's book of choice provides your child with some control. It is also another great way to relax mind and body.

## Avoid Excitatory Activities

- Avoid engaging in alerting activities before bedtime, such as spinning and jumping, as this might make it difficult for your child to calm his or her system down and go to bed. Spinning and jumping movements are excitatory and alerting.

## Avoid Screen Time

- Create a rule: 1-2 hours before bedtime no electronics or TV. This will promote a smoother transition into quiet time.