



Bedtime Cards

Did you know that sleep is just as important for children's development as proper nutrition and exercise? Sleep helps children grow, build immunity, and regulate emotions. It prepares their bodies and brains to learn, solve problems, build resilience, and so much more.

A consistent bedtime routine is the best way to ensure that children get the sleep they need to make the most of each day. Here are some ways that you can follow the ***4Cs of Healthy Sleep**.

These *Donkey Hodie* bedtime cards will help your family:

- Settle down and create a **calm** environment before bedtime.
- Establish a **consistent** sleep plan you can stick to night after night.
- Use **clues** and routines that will help children transition to bedtime.
- Plan for time to **connect** and talk before bed.

Learn how to get ready for a good night's sleep with these Donkey Hodie and pals cards. Cut out each card and follow the steps to help you plan your **hee-hawesome** bedtime routine!

Check out how Donkey Hodie and her pals settle into bed with **Donkey Hodie Bedtime Stories**, available on all PBS KIDS streaming platforms.



Find more games and activities at pbskids.org/donkeyhodie

*The **4Cs of Healthy Sleep**, trademark pending, was developed by Dr. Candice Alfano and is presented in this activity in partnership with Pajama Program, a national 501 (c)(3) organization.

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Bedtime Cards

Calm

Settle down and create a **calm environment**.



Ways to create a calm environment:

- Dim lighting
- Turn off TV and other screens
- Switch to soft voices (whispering)

Do a calm-down activity to start your bedtime routine.

Bob Dog loves to run and play fetch during the day, but he knows that before bedtime calmer activities help you settle down and feel sleepy.

What calm-down activities do you like to do as a part of your bedtime routine?

After Bob Dog gets his snuggly squeaky toy he sometimes needs extra help calming down, so he takes calming, deep barks in his soft, nighttime voice.

Can you practice a calming, nighttime breath?

- **Breathe in slowly and deeply.**
- **Let your breath out slowly and steadily.**

Donkey Hodie Bedtime Stories

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Consistent

Try to stick with a **consistent bedtime plan**.



Make sure that you get the right amount of sleep.

Going to sleep and waking up at the same time every day helps to make sure that you get enough sleep every night.

My bedtime is _____.

My wakeup time is _____.

Our bodies remind us to keep a consistent sleep schedule.

Are you yawning? Are your eyelids feeling heavy? Are you feeling cranky? These are some ways our body tells us that it is getting close to our sleep time.

Purple Panda sometime gets the bedtime giggles. How does your body tell you that it is almost time for sleep?

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Cues

Do the same things before bed every night as **sleep cues**.



Duck Duck likes to sing, "Time for a bedtime story, What book shall it be? Time for a bedtime story, Let's have a look and see!"

Get ready for sleep.

Duck Duck does wing stretches.

Try some stretches—up, up and down, down.

Get cozy.

Duck Duck likes to tuck in her stuffie, Quackenbush. **Do you have a favorite pillow, blanket, or stuffie?**

Get into your comfy sleep position.

Do you sleep on your back? Your side? Getting into your comfy sleep position helps you feel sleepy.

Feeling settled now?

Great, then you are ready for a bedtime story!

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Connection

Make time to **talk and connect** with someone who takes care of you.



Make room for special moments in your bedtime routine.

Donkey Hodie likes to spend time with her Grampy Hodie. When they're together, they can talk about important things and remember special times they've shared.

What are some positive things to talk about right before sleep?

- Good things that happened today.
 - Things I am most grateful for.
- Upcoming activities I'm looking forward to.
- Special things about my family.

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