

- Make sure the room temperature is comfortable, your child is in loose jammies, and that they have the necessary stuffed animals, dolls or other favorite bedtime item before the lights go out
- · Use a nightlight if needed





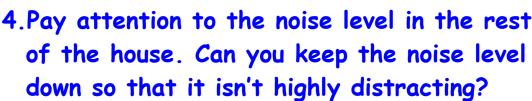












5. Consider a brief, warm bath for your child, as well as warm milk or a healthy light snack

Remember: You are helping by providing loving support, reassurance and routine!

HCSATS 2007













