

TEN-MINUTE TODDLER TURNAROUND // SLEEP



STEP 001 [PLAN]

LEARN HOW SLEEP HELPS THE BRAIN

ONE HOUR OF SLEEP IS THE DIFFERENCE
BETWEEN “A” STUDENTS AND “B”
STUDENTS

REDUCE LIGHT AND SOUND

FIGURE OUT WHAT YOUR TODDLER LIKES

STEP 002 [IMPLEMENT]

DEVELOP A CLEAR ROUTINE

START WITH HARDEST TASKS AND GO TO
EASIEST (CLEAN UP TOYS ➔ BRUSH TEETH
➔ READ BOOK ➔ BOTTLE)

DO IT THE SAME EVERY NIGHT, IT
REDUCES ANXIETY AND TRIGGERS SLEEP

STEP 003 [CONTINUATION]

KEEP DOING IT

TALK TO OTHER PARENTS AND LEARN
FROM THEM

DON'T BE TOO HARD ON YOURSELF OR
YOUR TODDLER



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