

Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



Bedtime Routines

Marc Helps Nalani Get to Sleep (age 20 months)

Before:

Nalani used to run around the house at 9 p.m., full of energy. By the time she was in bed, she'd toss and turn, ask for water five times, and call out for her parents. No one was getting rest.

Now:

Nalani's father, Marc, begins her bedtime routine at 7:15 p.m. with a warm bath and toothbrushing. Next, Nalani chooses her favorite pajamas and bedtime story. By 8:00 p.m., Nalani is cozy, kissed goodnight, and ready for a restful sleep.



What Helped Marc and Nalani

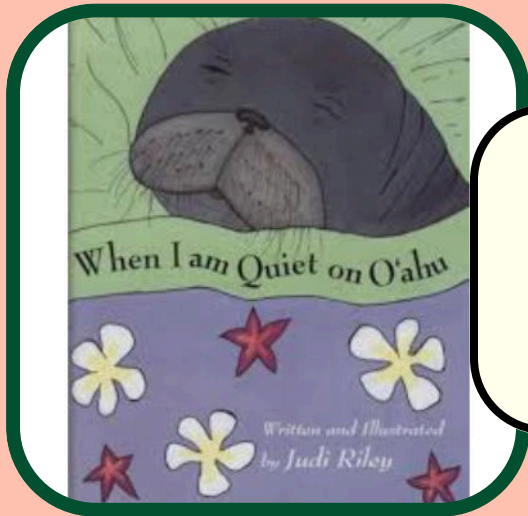
	Marc and Nalani put away toys in her bedroom at the end of the day to minimize distractions when it was time to sleep.
	Marc kept to the same calm routine, even on weekends. The night always ended with a song and kiss.
	Marc turned off all screens (tablet, phones and TV) after dinner to help everyone wind down.
	Nalani picked out her bedtime story and pjs which gave her a sense of control. Marc dimmed the lights and used a white noise machine to dull outside noises.

Try one small change this week! Ask yourself:

- Am I starting the bedtime routine early enough?
- Do I follow the same calm steps every night?
- How does the environment support winding down?
- Are screens off and distractions low?
- How do I involve our keiki in the process?



RESOURCES AND MATERIALS



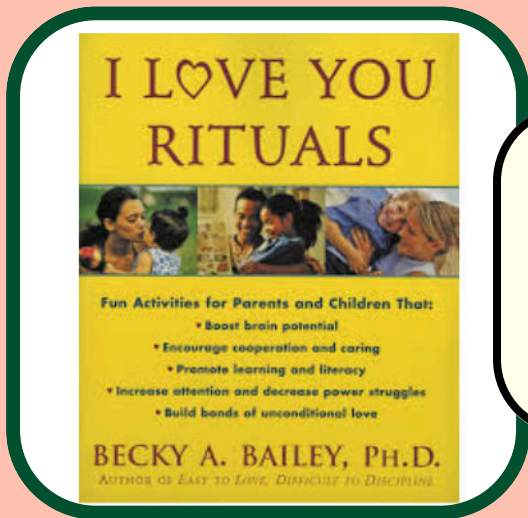
Bedtime Stories

Bedtime stories promote better sleep, and strengthens the bond with your keiki



Visual Charts/Cues

Visual charts support keiki by making bedtime more predictable and enjoyable. Keiki learn to understand what's coming next.



Caregiver Resource Book

“I Love You Rituals” offers ideas on playful ways to build loving bonds, decrease power struggles, and promote language and literacy development.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.