Summary

Additional ideas to naturally encourage healthy sleep habits

- [ ] Go outside at least once a day with your child to get fresh air and some sunshine!
- [ ] Avoid screen-time 2-3 hours before bedtime
- [ ] Making sure any light source in your child's room has a warm tone (think sunset colors!)

Based on all of the above exercises, make a complete list of ALL the changes you want to make to your child's sleep environment in the space below: