9. SUBJECT: I don’t want to go to bed!

If I had a dollar for every time my kids have told me they didn’t want to go to bed, I’d be rich! I bet your kids have the same reluctance about going to bed—it seems to be a universal characteristic among children!

What can you do to help the bedtime routine be easier?

Here’s today’s *Tip for Modern Parents*:

**Pick a bedtime that works for you as a parent, then create a routine that helps your child settle down at night.**

There’s probably no “right” bedtime for kids. It really depends on the age of the child, the family dynamic, and your schedule.

Whatever bedtime you decide is right for your child, it works best to be consistent with this time, even on the weekends. Kids might balk at first, but if you stick with it, their body clocks will become regulated over time.

Here are some things you can do to help your child be ready for bed:

* Read books
* Sing songs
* Say prayers or talk about the day
* Make plans for the next day

A consistent bedtime routine takes a bit of time to develop, but it’s worth the investment. Your child (and you!) will feel more rested and ready to tackle each new day.

Onward to better parenting,

ADD NAME