The bedtime handoff

Make the plan clearer for the adults. No special product or perfect evening required.

Choose a small, feasible sequence. Share it with the next caregiver; adjust practical details without treating a difficult night as failure.

Our start cue:

Getting-ready steps, in order:

Our quiet activity / a small choice we can offer:

Our final goodnight cue:

What the next caregiver needs to know:

Afterwards: what could the adults prepare earlier next time?

For children, not infant safe-sleep advice. Persistent sleep concerns: ask a healthcare provider.

Source: Seattle Children's - Sleep Hygiene for Children.
www.seattlechildrens.org/pe/sleep-medicine/sleep-hygiene-for-children/