Open Peer Review on Qeios

Bedtime routine (child)

George Kitsaras¹

1 The University of Manchester

Potential competing interests: The author(s) declared that no potential competing interests exist.

Series of activities that take place roughly the hour before a child goes to bed. Activities should be fairly consistent over the week including the weekend. Activities include parent-child interactions and a series of behaviours that build up the routine each night.