

Healthy Sleep Habits for Kids Ages 6 to 8



Building a Predictable Bedtime Routine



Wind-Down Flow

Try a consistent nightly sequence: bath, pajamas, teeth brushing, storytime, and lights out.



Visual Bedtime Chart

A visual chart helps kids follow the steps with more independence each night.



Offer Small Choices

Let them pick their pajamas or bedtime book—giving control without derailing the routine.

Handling Stall Tactics



Write It Down

When they suddenly remember a school project, try: "Let's write that down so we don't forget it until morning."



Redirect Big Questions

For deep philosophical questions, say: "That's such a cool question—let's explore it together over breakfast."



Empathy First

Stall tactics aren't manipulation—they're a sign your child is still learning how to wind down.



Stay Consistent

Gently return to the routine each time. Rhythm and repetition are what teach the brain to settle.

Creating a Calming Sleep Environment



Cool, Dark & Quiet

Aim for a cool, dark, and quiet room. Blackout curtains and soft bedding make a big difference.



White Noise

Studies suggest white noise may support better sleep in some children, especially when used consistently at safe volume levels.



Nighttime Fears

Check the closet together, give them a flashlight or "guardian" stuffed animal, and remind them they are safe.



Screens Off Early

The AAP recommends avoiding screens at least **1 hour before bedtime**—blue light can delay melatonin production.



Screen Swaps

Replace screen time with quiet play, coloring, or bedtime yoga to ease the transition.

Daytime Habits That Support Sleep



Physical Activity

Plenty of outdoor play, bike riding, or even dancing in the living room helps children sleep better at night.



Limit Sugar & Caffeine

Avoid sugary snacks and caffeine, especially in the afternoon, to protect your child's natural sleep drive.



After-School Reset

Instead of crash naps around 6 PM, try a quiet snack and short reset time like drawing or listening to music.



Breathing Exercises

Try "smell the flower, blow out the candle"—a soothing ritual that helps both parent and child unwind.



Your Presence Matters

Your consistency, calm voice, and loving presence are already powerful tools—you don't need to be a sleep expert.

References

- References: American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Children's Hospital of Philadelphia (CHOP), Children's Hospital Colorado, Boston Children's Hospital, Child Development Journal.