Practical things to try at home

For younger children

Morning BINGO!

What you need: Paper and a pen

Draw a simple 3x3 bingo grid and fill each square with a morning routine step e.g. get dressed, eat breakfast etc. Your child crosses off each square as they go. First to complete the row wins. A small, low-effort way to make mornings feel purposeful rather than pressured.

Teddy's Bedtime

What you need: A soft toy

Ask your child to put their favourite teddy or doll to bed - bath, pyjamas, story, lights out.

Narrate the steps together as they go. Role play is a powerful way for young children to internalise routine without any pressure.

The Sleep Fairy Jar

What you need: A jar, craft materials, small notes

Decorate a jar together. Each morning that your child followed their bedtime routine, they add a small token or note. After a set number, celebrate with a small reward of their choosing. Builds positive association with the routine itself.

For older children

The Sleep Experiment

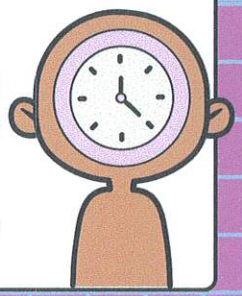
What you need: A simple notebook

For one week, keep a joint sleep diary - what time they went to bed, how they felt going to sleep and how they felt in the morning. No judgement, just noticing. At the end of the week, look at the results together. Children are often genuinely surprised by the patterns they spot themselves.

The Body Clock Investigation

What you need: Access to the internet or a library book

Challenge your child to find out how the body clock works. What happens in the brain when we sleep, why do we feel tired at certain times, what does a sleep cycle look like? Discuss what they found out. Turns sleep science into something genuinely interesting rather than a rule to follow.

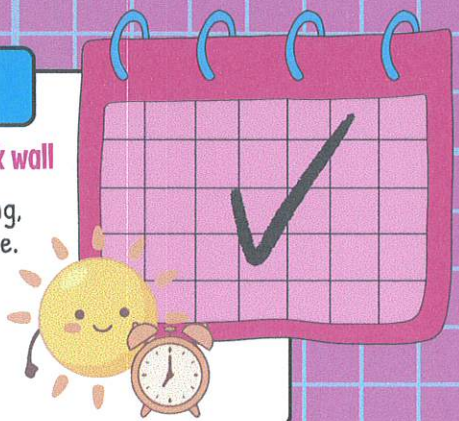


For the whole family

Family Routine Board

What you need: A whiteboard, poster or chalk wall

Create a shared family routine display - morning, after school and evening - that everyone can see. Let each family member add their own section. Makes routines feel collaborative rather than imposed and reduces the number of reminders needed from adults.



Routine activities work best when they feel like something you do together, not something you do to your child.