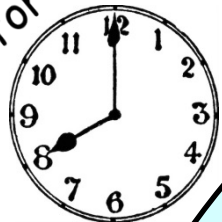


It's time for sleep!



Children need 11-13 hours of sleep every day



Take a warm bath before bedtime

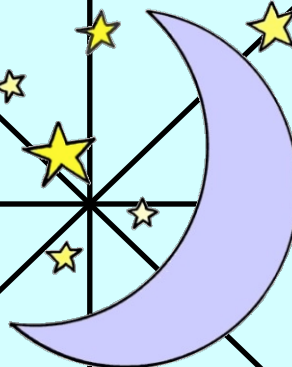


Read your favorite bedtime story

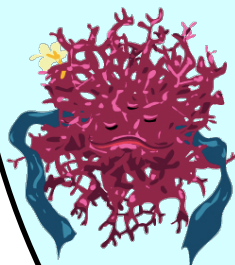


Take your favorite stuffed animal or blanket to bed

Stretch nice and tall before getting in to bed



Get under the covers and pretend you're sleeping in a tent



Make up a story about your favorite superhero after getting in bed



Make up a quiet song in bed



Have a light snack or cup of warm milk before brushing teeth

