**Activity**

As you prepare to read a bedtime story to your child, ask him to choose a book by himself from the shelf (or other book storage area). Doing this will make him feel helpful and promotes independence. When reading, he may now be able to fill in words from a familiar book when you purposefully pause. As you read together, ask him to point to certain items on each page. He may also ask you a lot of questions as you read, such as "What's that?" Make sure to follow his lead and take time to answer his questions. During other parts of your bedtime routine (e.g., toothbrushing), ask him to follow some simple one-step directions. For example, tell him, "Get your toothbrush," and then once he does say, "Now can you get the toothpaste out of the drawer?" He may want to brush his teeth by himself, so definitely encourage this independence; however, make sure that you take your turn with a good brushing at the end.

**Crosswalk to Healthy Beginnings**

This activity supports development in relation to the following *Healthy Beginnings* indicators:

* Personal/Social A1;
* Language A1 & B4;
* Cognitive B2, B4, & C2; and
* Physical A2.

**Possible Intervention Strategies & Supports**

* Some children may have a very hard time transitioning between activities. This might be the case for bedtime especially, since your toddler is very tired by this time of day. Try making a photo/picture schedule for him to follow for his bedtime routine. It's best to use real pictures of items and rooms around your house, and even pictures of your child and other family members involved in bedtime events. Place the pictures in the order of your routine (e.g., bathtime, getting dressed, reading, brushing teeth, etc.) within a small photo album or attached to a piece of sturdy poster board. You can even use Velrco to "remove" the pictures when he's done with each task. **See the image to the right for an example**. Showing him what's coming next on his schedule will let him know what to expect and what's left to do, which can ward off a lot of challenging behaviors!
* If your child is having difficulty settling down for bed, firm touch pressure and gentle rocking can be soothing. This can be accomplished by having your child sit wrapped tightly in a blanket or using a heavyweight blanket (e.g., small down comforter) while sitting in a rocking chair.
* If your child has difficulty following one step directions, help guide him through the direction by either pointing or demonstrating the direction. "Get your toothbrush" and either point to the toothbrush or have another toothbrush present and show him the toothbrush.
* For a child who has trouble sitting through a story or processing language, limit the words in the story. Talk about the pictures rather than reading the story word for word.

**Tips**

By this age, your child will be wanting to move about everywhere and could very likely climb out of his crib! It's best to move him to a toddler bed before he can do so and possibly hurt himself. Make sure to put a rail on both sides of the toddler bed (unless one side is flush against a wall), and just as you would have done with the crib, don't put his bed against a wall where anything hazardous might be within his reach (e.g., window blind cord). Remember, television should not be a part of any child's bedtime routine or daily routine. In fact, the American Academy of Pediatrics discourages television time completely for [children under 2](http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Babies-and-Toddlers-Should-Learn-from-Play-Not-Screens.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR%3a+No+local+token)!