

top tips to secure visions of Sugarplums of Sugarplums

THE EXCITEMENT ON CHRISTMAS EVE IN ANTICIPATION OF CHRISTMAS MORNING CAN KEEP CHILDREN AWAKE AT NIGHT. HERE ARE TIPS FOR CHRISTMAS EVE TO HELP ENSURE VISIONS OF SUGARPLUMS DANCE IN THEIR HEADS:

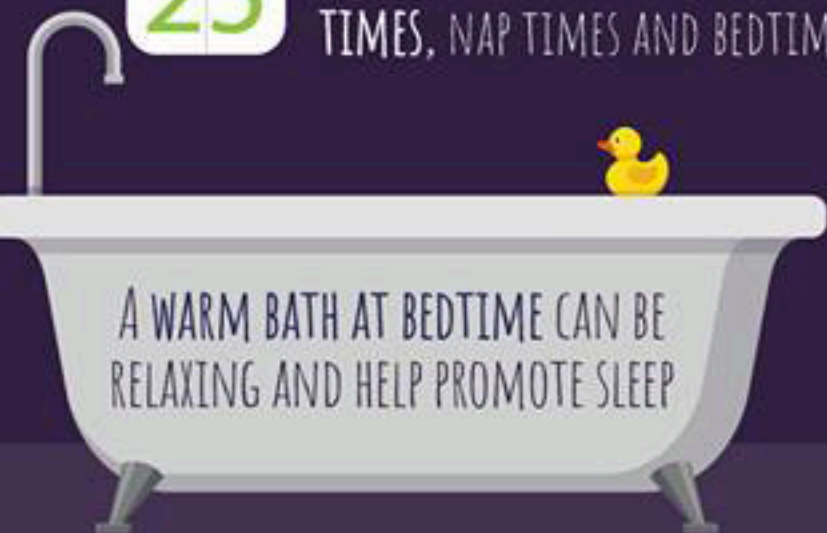


IF KIDS COME OUT OF THEIR BEDROOM AT NIGHT, ACT CALM AND INDIFFERENT TO AVOID EMOTIONAL CONFRONTATIONS, AND GENTLY GUIDE THEM BACK TO BED. OFFER PRAISE IF THEY STAY IN THEIR ROOM



ON WINTER BREAKS, STICK TO ROUTINES WITH NORMAL WAKE TIMES, NAP TIMES AND BEDTIMES

SET EXPECTATIONS EARLY IN THE DAY OF HOW THE DAY WILL GO



A WARM BATH AT BEDTIME CAN BE RELAXING AND HELP PROMOTE SLEEP



SET A MORNING TIME TO OPEN GIFTS, SO THEY KNOW THAT THEY WON'T GET TO OPEN GIFTS IF THEY WAKE EARLY



AVOID LATE CAFFEINE AND EXCESSIVE SUGARS



KEEP CHRISTMAS EVE ACTIVE WITH OUTDOOR ACTIVITIES TO PROMOTE TIREDNESS IF POSSIBLE

IF TRAVELING, BRING FAMILIAR BEDTIME THINGS SUCH AS STUFFED ANIMALS, BLANKETS, ETC.

