

## Bedtime Routine

As your child gets ready for bed, that familiar comforting routine is a good time to think about 2 or 3 things that they have enjoyed in their day. Have that conversation as a *Goodnight*, where you listen to their positives and maybe you share yours. Don't let the negatives creep in and start a moaning session, this is all good at rest time. Remember to focus on what we have and not what we don't. Problem solving can wait until tomorrow.

This simple process boosts self-esteem by building on the positives daily. Let it become part of the daily bedtime routine and those positive building blocks will build upwards. It's great to feel better about ourselves and our lives, so let's feel blessed, not stressed.