



# Pyramid Pages

## News & Tools for Parents & Early Childhood Providers

Social-emotional learning and development is fundamental to children's success in school and beyond, and its importance is understood now more than ever. The Pyramid Model promotes young children's healthy social and emotional development; and provides tools, strategies, and resources for caregivers and families.

Topic: Routines for Bed and Nap Time



Click to Read:

[How to Help Your Child Have a Successful Bedtime](#)

### News

Bedtime and naptime can be a challenge, especially when there is a change in routine. When children don't get enough sleep, they might be moody, short-tempered, and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child's ability to learn.

### Tools

Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children.

Here are some proven tips for making bedtimes and naptimes easier for both parents and children. Also includes a handy tip card for quick reference.



Click to Read:

[Making Life Easier Bedtime and Naptime](#)

### Resources

- **Book read aloud**, How Do Dinosaurs Say Goodnight?: [https://www.youtube.com/watch?v=eht2rwG\\_0Cs](https://www.youtube.com/watch?v=eht2rwG_0Cs)
- Everybody Sleeps **video** for kids from Sesame Street: <https://www.youtube.com/watch?v=FpReboLZFx8>
- **Tips** for tots on supportive naptime: [https://www.eccpct.com/CustomerContent/www/CMS/files/Tips\\_for\\_Tots\\_2/2\\_6\\_ECCP\\_Tips\\_for\\_Tots\\_Supporting\\_Young\\_Children\\_Naptime\\_10\\_15\\_14.pdf](https://www.eccpct.com/CustomerContent/www/CMS/files/Tips_for_Tots_2/2_6_ECCP_Tips_for_Tots_Supporting_Young_Children_Naptime_10_15_14.pdf)
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