



by: [Jennifer Borget](#)

Establish a Plan

The first step to having a bedtime ritual is to choose a routine that you can actually do, every night. This can include bath time, a massage, story and song, or any combination of elements says Tamiko Kelly, Child Sleep Expert at [Sleep Well Wake Happy](#). Tamiko adds that parents who are willing to establish bedtime rituals tend to have a much easier time getting their kids to sleep. “They are also able to achieve sleep success within a few days verse months (or years) compared to those who don't,” she says.



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Stay Consistent

Once you've established your nighttime ritual, don't deviate from the routine. "The best tip I can give parents is to remain consistent," Kelly says. "No matter where you go, you can take your routine, implement it and your child will fall right to sleep. That's the power of consistency."

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