

Sleepy-time tips

WE ♥
OUR 5 TIPS
TO MAKE
SURE YOUR
POPPET
GOES TO
SLEEP

1

TIP #1

WE ♥
SLEEP MAGIC!

Or, how to fight
a **bad dream!**

"If you had a
magic wand,
what would you
change in
your dream?"

Now count: 1, 2, 3...
ABRACANAP!



2

TIP #2

WE ♥
SAYING NIGHT
NIGHT TO THE
TEDDIES

**IT'S TIME
TO GO TO SLEEP!**

Ask them to say good night
to their teddies.



3



TIP #3

WE ♥ THE CUDDLES !

NOTHING LIKE A LITTLE MASSAGE !

To comfort her and calm her before she goes to sleep

4



TIP #4

WE ♥ BEDTIME STORIES !

IT'S TIME TO GO TO BED !

Share a moment of calm by telling him a story

5



TIP #5

WE ♥ THE LITTLE CLUES

Eyes being rubbed? A big yawn?

It's **SLEEPY-TIME !**