

PLAY YOUR WAY THROUGH THE DAY



KANSAS
MATERNAL &
CHILD HEALTH



HAVE FUN TOGETHER WHILE YOUR CHILDREN LEARN AND GROW

All children grow and develop in their own way. We encourage you to meet your children where they are!

ROOM: BEDROOM

DID YOU KNOW THAT HAVING A ROUTINE CAN HELP YOUR CHILD FEEL SAFE, DEVELOP LIFE SKILLS AND BUILD HEALTHY HABITS?

Picking up toys can be a part of your nighttime routine. Letting your child "put their toys to bed" can be a calming way to shift from play to sleep.

Use shadow or sock puppets to tell a bedtime story or talk about your day.

Move a mattress to the living room for a fun family bonding idea and have a family sleepover!

Let your child express themselves by choosing their outfit. For children who have a hard time making decisions, give them outfit options!



1-800-CHILDREN
Supporting Parents

HELPLINE AND RESOURCE DIRECTORY