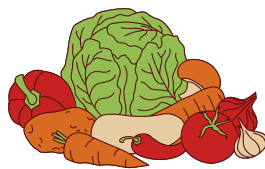


# 7 PROVEN TIPS TO HELP YOUR CHILD FALL ASLEEP

1. Physical activity during the day



2. Food and drinks without sugar and caffeine



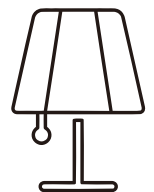
3. Consistent bedtime routine



4. Limiting blue light



5. Comfortable and calm sleep environment



6. Light clothing



7. Balance of parental presence and independent falling asleep

