

METROCARE SERVICES GUIDEBOOK BEDTIME & WIND DOWN SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

BEDTIME & WIND DOWN CATEGORY:

Use a calm, gentle voice leading into wind down time. Be encouraging with your words, slow your movements so you do not project high energy which may create a sense of anxiousness with the child. This is a time to use positive reinforcement through your words and actions. The music will support the calming environment you are trying to create and should be played no louder than a speaking voice. By displaying the behaviors and actions that you wish to see you in your child, they will better understand what you are asking of them.

SONG LIST:

Everybody's A Star

One Day At A Time

Free To Be Friends

Cotton Candy Clouds

Good Night