PARENTING SUPPORT

THE SLEEP SOLUTION:
EVIDENCE-BASED TECHNIQUES FOR HAPPY BEDTIMES

SLEEP GUIDE

Hello, I'm Bethany!

It's great to meet you! I am **Bethany Heyne,** founder of The Kairos Bridge, and certified parenting coach. I am blessed to be mom to my son and bonus mom to my three step children.

Why I started parent coaching?

I took my first parenting course in 2016. I was skeptical at first, questioning how much there really was to learn about parenting (oh how wrong I was!) Every week we learned more about child development and psychology and used our own real-life examples to receive coaching on how to address parenting challenges.

By week 3, I was already seeing the difference in me, in my child, and in our family. By the end of the 18 week course, I had developed such confidence in my parenting, noticed more peace in our home, and saw the healthy impact it had on my child.

When my son turned 6, I noticed new behavioral developments that I wasn't familiar with. When I went to sign up for the next age range of the course, I was absolutely heartbroken to learn the grant funding had expired. I had to do something. Maybe I could support the next financial grant cycle?

After several months of meeting with my mentor and course director, and many more months of prayer, it seemed ...

I was being called to carry forward this mission. And so, I established The Kairos Bridge, LLC in November 2023.

THE SLEEP STRUGGLES PARENTS FACE

DID YOU KNOW THAT

Up to 40% of children experience sleep challenges at some point during their development?These challenges can significantly affect emotional well-being, learning, and physical health. According to the Centers for Disease Control and Prevention (CDC), children aged 6–12 years need 9–12 hours of sleep per night, while teenagers require 8–10 hours.

However, studies show that more than 30% of children and adolescents fail to meet these requirements, largely due to inconsistent schedules, screen time, and stress.

This guide offers practical, evidence-based strategies to help your child develop healthy sleep habits, leading to better sleep quality, improved well-being, and peace of mind for parents.

BETTER SLEEP STARTS HERE

Bedtime doesn't have to be a battle. With a few simple steps, you can create a calming routine that helps your child wind down, feel secure, and sleep soundly through the night. Let's get started!

1 Establish a Consistent Bedtime Routine

Children thrive on routines because predictability provides a sense of security. Setting consistent bedtimes and wake-up times, even on weekends, helps align their circadian rhythms, making it easier for them to fall asleep and stay asleep. To make bedtime more calming, include activities like reading, a warm bath, or listening to soft music in the 30 minutes leading up to bedtime.

2 Create a Sleep-Friendly Environment

A calming and distraction-free sleep environment is essential for quality rest. Keep the bedroom quiet, dark, and cool (65–70°F) to signal the body that it's time to sleep. Adding blackout curtains, a white noise machine, or soothing scents can further enhance relaxation. Essential oils like lavender and Roman chamomile are great for reducing stress and promoting relaxation, but remember to use them safely—diffuse 3–5 drops in a well-ventilated room and avoid oils like peppermint or eucalyptus for children under six.

3 Limit Screen Time Before Bed

Blue light from screens suppresses melatonin, a hormone critical for sleep. Turning off all screens at least one hour before bedtime prevents delays in sleep onset and improves sleep quality. Instead of screen time, encourage calming activities like puzzles, journaling, or storytelling to prepare your child's mind for rest.

4 Teach Relaxation Techniques

Relaxation exercises are a great way to help children transition from active play to a restful state. Practicing mindfulness or deep breathing exercises together before bedtime can reduce stress and prepare their brain for sleep. A helpful activity is the "5-4-3-2-1" grounding exercise, where children identify sensory details around them to shift their focus from stress to relaxation (See Activity Below).

5 Address Emotional Needs

Emotional stress or worries can delay sleep, so spending 10 minutes talking with your child about their day during wind-down time can make a big difference. Open communication helps them process their emotions and reduces bedtime anxiety. Research links emotional connection with parents to peaceful sleep. To further strengthen this connection, The Kairos Bridge's Positive Communication Series Mini Course offers strategies for fostering emotional bonds and effective communication.

5-4-3-2-1
Grounding Technique

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5 5 things you can see

4 4 things you can touch

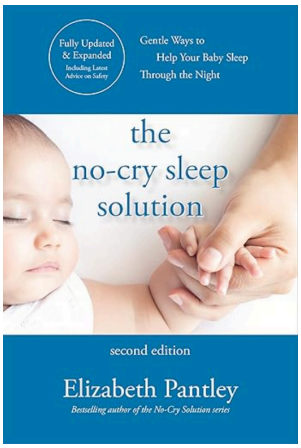
3 3 things you can hear

2 2 things you can smell

1 1 thing you can taste

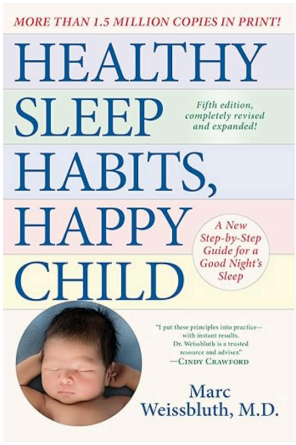
RESOURCES FOR PARENTS

BOOKS



The No-Cry Sleep Solution
by Elizabeth Pantley

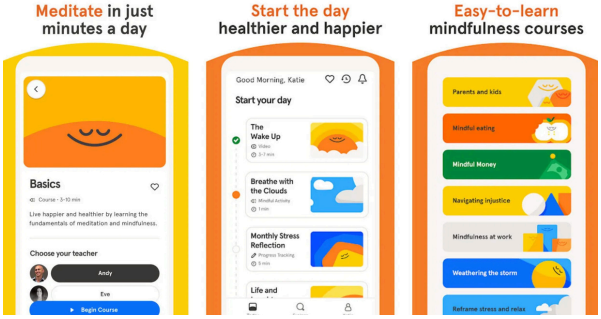
BUY HERE



Healthy Sleep Habits, Happy Child by Marc Weissbluth

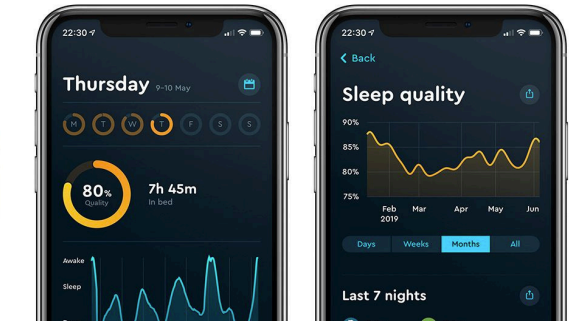
BUY HERE

APPLICATION



Headspace for Kids

Provides guided meditations for bedtime.



Sleep Cycle

Tracks and analyzes sleep patterns.

TOOLS

Hatch Baby Rest 2nd Gen

Toddler Sleep Trainer.

BUY HERE

WHAT COACHING DO YOU PROVIDE?

Every parent-child relationship is unique. We work with you in coaching to identify exactly what you and your child need...

OFFER 1: KAIROS CALM: 4-WEEK RESET

- 4 Weekly 45-Minute Virtual Coaching Sessions
- Personalized Behavioral Blueprint (covering routines, discipline, and positive reinforcement).
- Digital Parent Reflection Journal for daily tracking and insights.
- Weekly Email Check-ins for ongoing support and accountability.
- **Bonus:** Free "Calm Parent Toolkit"

$497

OFFER 2: GRACEFUL GROWTH: 8-WEEK TRANSFORMATION JOURNEY

- All inclusion of Coaching Offer 1
- 8 Bi-Weekly 60-Minute Virtual Coaching Sessions tailored to your family's needs.
- Custom Family Goal-Setting Workbook
- Access to "Positive Communication Strategies" Courses worth $485
- Digital Monthly Progress Tracker
- On-demand Audio Coaching
- **Bonus:** Free "Graceful Parenting Guide" eBook (filled with prayers and faith-based strategies).

$997

OFFER 3: FLOURISH TOGETHER: 12-MONTH FAMILY MASTERY PROGRAM

- All inclusion of Coaching Offer 2
- 12 Monthly 90-Minute Virtual Coaching Sessions
- Quarterly Virtual Family Workshops (interactive sessions for goal-setting and family bonding).
- Digital Vision board and Workshop Course
- Private Podcast Feed with exclusive parenting tips, bible studies, and practical insights.
- Monthly Email Mastermind Group for sharing experiences and receiving support.
- **Bonus:** Free year-long Digital Prayer Calendar

$2,400

Ask us about our free 15-minute initial consultation!!

BOOK NOW

WHAT OTHER SUPPORT DO YOU PROVIDE?

Podcasts

Tune in for insightful discussions on mindful parenting, including episodes like "Notice It ~ Name It ~ Nurture It," designed to help you build stronger family connections.

Free

Dear God, It's Me (Girls Journal)

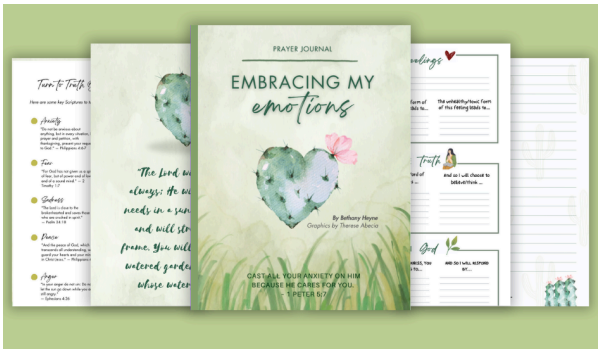
Dear God, It's Me is a 30-day journal designed for girls to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

From $9.99 USD

Dear God, It's Me (Boys Journal)

Dear God, It's Me is a 30-day journal for boys to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

From $9.99 USD



Embracing Emotions Journal

A 90-day journal for adults to explore feelings, align them with Biblical truths, and grow in faith. With daily prompts, scripture, and space for reflection.

From $14.27 USD

CHECK OUT FOR MORE

Click here to explore our services/products.

LET'S DO THIS!

Parenting can feel overwhelming, especially when you're tackling sleep challenges, emotional outbursts, or establishing healthy routines. Imagine the peace of mind you'll feel when bedtime is no longer a battle but a time of calm connection. That's why at The Kairos Bridge, we offer a FREE 15-minute consultation to help you take the first step toward clarity and connection.

This **no-commitment call** is your opportunity to:

- Identify your biggest challenges and discover actionable solutions.
- Learn how our 4-week, 8-week, and 12-month coaching programs can support your unique parenting journey.
- Gain practical tips rooted in Biblical principles and tailored to your family's needs.

Whether your goal is to create a peaceful bedtime routine or deepen your relationship with your child, our expert guidance is here to help.

CLICK HERE TO CONNECT

👉 ***Don't wait***—*secure your FREE consultation now at I understand the challenges of parenting; I once felt lost and overwhelmed, but I turned things around, and I want to show YOU that it's possible too. You CAN create a calm and loving environment for your family—it all begins with that first step.. Limited free sessions offered, so take the first step toward a healthier, happier family today.*

Your dedicated coach,

Bethany H.