

Let's Talk About Bedtime!
Sample Social Media Posts



Facebook

Did you know? You can create your own lullaby to sing with your baby during her bedtime routine! Check out @2smalltofail and @carnegiehall's tips on how: <http://bit.ly/2vyDc2h>

Sleep is important for brain development, learning, and physical health. Find out how to create consistent bedtime routines from @ParentsMagazine: <http://bit.ly/1sYkszr>



Twitter

Bedtime routines are important. Make cuddling & singing a part of it! #TalkingIsTeaching

Reading a story before bed is a great bedtime routine and provides opportunities to bond & build your child's vocabulary! #TalkingIsTeaching