

Parenting Tips: How to Get Your Kids to Bed Early on Christmas Eve



By [Hope Ankney](#)

Getting your kids to sleep on any night is tough enough for a parent. But, getting your kids to sleep on Christmas Eve? Almost impossible. With the promise of Santa Claus, ripping open presents, and festive treats, it's guaranteed to be a hard job to get even the most cooperative kids to fall asleep. You're probably feeling a little worn out from the holiday season, as well. And... you're in desperate need of some [parenting advice](#) to get your children to sleep at a reasonable

time.

Having your kids go to bed early is a success when it comes to Christmas Eve! What's some parenting advice for getting the little ones to sleep before Santa comes?

Probably deemed one of the most hectic days of the year, Christmas Eve is a whirlwind of last-minute shopping and gift-wrapping. But, the most chaotic part of the day is getting your kids to bed at a reasonable time. If you're dreading the moment you have to bring your kids to bed, don't worry. Cupid has some [parenting tips](#) on how to get your kids to go to sleep soundly on Christmas Eve:

1. Be active on Christmas Eve: Every parent knows that the best way to get your child to zonk out is to tire them out. Figure out a few ideas that the whole family can take part in. Have an outside adventure, go Christmas caroling, build snowmen, or have fun at an ice-skating rink!

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2. Fix them a bedtime snack: Unlike Santa who will be getting a plate of cookies and ice cold milk, prepare something a little less sugary for your kids as you send them to bed. A glass of warm milk with cinnamon, a slice of toast with almond butter, and some cubes of cheese will be enough to relax your kids and get them ready to sleep.

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3. Stick to the normal bedtime routine: Most times, kids are adapted to their bedtime routine, and any deviation from it will throw them off for the rest of the night. If you want to try to get your kids to sleep early on Christmas Eve, make sure to stick to their regular routine as you get them ready for bed. Practice this throughout their winter break so they're more tired at their normal time than they would be if they had been going to bed late and waking up late for days.

4. Read a bedtime story: A classic tradition on Christmas Eve is to read *The Night Before Christmas* to your kids before you tuck them in for the night. Reading to children while they're cozy under the blankets has a calming effect that can help them relax and get sleepy. Besides, it's always a nice bonding moment when you can share story time with each other.

**What are some ways you get your kids to bed on Christmas Eve?
Let us know down below!**