

#RELATIONSHIPS & FAMILY

Easy tricks to get your toddler to sleep faster

Unless you have actually met a toddler, you might feel, "Meh, putting a child to sleep is easy." You are wrong, because that requires high energy, strategy, and most importantly, the patience of an aged monk. So, if you are the toddler-parent who is patting their kid on the back, chanting, "Good babies go to sleep" like a sacred mantra every night, here is a guide to put your kid to bed, without losing your sanity!



Start bedtime preparations in the evening

If you think bedtime starts at 8 PM, you are still in the dark. Dimming the lights, closing the curtains, and speaking in a relatively calm tone from dusk are small steps that send a signal to children's brain that it is time to slow down and create a smooth transition from activities into sleeping. You will know you are doing something right when you see those small yawns and eye-rubs at the end of the day.

Follow a routine

Toddlers learn over time through routines that nights are for rest and thus, become aware when their body is winding down for sleep. Putting the child to bed and waking them up at the same time every day gives them a sense of safety and security rather than seeing bedtime as an "end of all fun."

Avoid sugary treats or soda before bed

Added sugar not only makes the toddler hyperactive during the day, but also turns them into a mini nightclub DJ, who is convinced the night is still young! Soft drinks, especially, has a significant amount of sugar and caffeine that unknowingly messes up the sleep cycle of your toddler.

To be on the safe side, you can completely eliminate sugar after sunset. Without that sugar rush, a child's brain is much more likely to cooperate with your reasonable plan for sleeping.

Limit screen time

The blue light emitted by electronic devices blocks the production of melatonin, the hormone that regulates a healthy sleep cycle. It tricks the brain into feeling more alert, disrupting the natural clock.

Additionally, overstimulating cartoons and high-pitched music make it difficult for a child's brain to fall asleep. It is important to make sure the child is not looking at screens for at least 2 hours prior to bedtime.

Monitor their napping time

If your child takes frequent naps throughout the day, there is a high possibility that they will be energetic at night. To fix this, try keeping them busy with brain games, puzzles, and outdoor activities during the day.

Also, naps that are too close to bedtime increase your probability of staying awake until 3 AM with your toddler. Therefore, ensuring there is a proper gap between nap time and bedtime allows their body to develop just enough sleepiness to cooperate at bedtime, rather than rejecting

sleep like a torn toy.

Spending time with your child before bed

If your toddler sleeps in a separate room at night, you are no stranger to the "one more question" or "I want another sip of water" request when you have said good night and are about to leave their room. This happens because the child suddenly feels less important and left out. So, before you put your child to sleep, make sure you spend enough time with them. Reading a bedtime story or just listening to their prattle can do wonders.

Now, even if your child is skipping sleep to take a moment to appreciate the ceiling fan, do not assume you are not the "a perfect parent" just yet. In the end, bedtime battles are less about winning and more about quiet moments that will not last forever, like the small hand holding yours a little tighter before finally falling asleep.

Therefore, you keep showing up and keep laughing when you can, because one day the house will be quiet much earlier than you expect, and you might just miss the chaos that once made every bedtime feel like a long, exhausting, and strangely beautiful adventure.

By **KT Humaira**
Photo: **Collected**

#RELATIONSHIPS & FAMILY

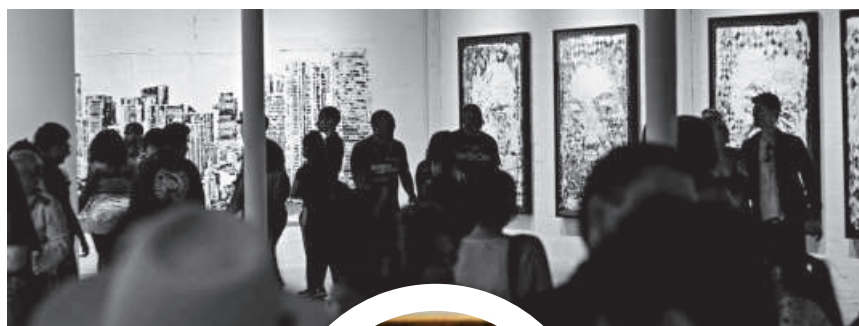
Why quiet art spaces are replacing cafes and restaurants for dating

In a time when dating often begins with swipes and an awkward "Hey!" text, some places consistently demonstrate that it can unfold in a smooth or sophisticated conversation. Art galleries, a place that offers something refreshingly different — a shared, real-world experience rooted in curiosity, interpretations, and emotion.

Unlike the usual dating spots like cafes and restaurants, art galleries make it easier to talk without trying too hard. You are not sitting across from each other, wondering what to say next. Instead, you are walking, stopping, reacting to things around you. A painting or sculpture gives you something to start with, and the conversation just builds from there. No awkwardness, no fumbling — only real conversation with your loved one.

"Art galleries mean a lot to my partner and me," said Raiyan Islam, 27. "That's actually where we met. I remember feeling more relaxed than I expected. It didn't feel like a first meeting in that awkward way," Raiyan expressed.

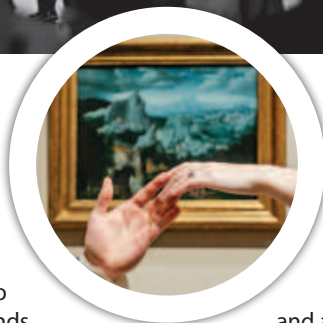
An art gallery never turns you away; it can activate all your senses. In a gallery, the focus is not entirely on you; it's shared



with art. And somehow that makes people open up more. You are not trying to impress as much as you are reacting, thinking and sharing those thoughts with someone else.

The environment itself also influences the outcome. It tends to be peaceful, aesthetically pleasing and calm. This setting encourages more intentional, thoughtful involvement. People can be less distracted here and improve connections with each other.

For some people, galleries act as a subtle measure of compatibility.



Nusrat Jahan, a university student, expressed that if someone is willing to take their time to walk through an exhibition and genuinely engage with it, it signifies something meaningful to her. "It shows that they can relax and appreciate moments, which I value," she added.

In a way, looking at art together becomes a small test of compatibility. What catches their attention? What do they skip? What do they laugh at? These little things can say more than the usual "what do you do?" questions.

"It feels more real," said Maisha Haque, 25. "Not like you are performing for each other, just reacting to things together. That's a better way to connect, I think."

There's also something interesting about how art itself works in these moments. Not everyone sees the same thing in a piece, and that's fine. In fact, those differences can lead to better conversations. Talking about different perspectives and being respectful of others' opinions in a relaxed setting can bring people closer, rather than push them apart.

At a time when dating can feel rushed and repetitive, art galleries offer something quieter and more meaningful. They remind us that connection does not always come from trying harder — it often comes from simply sharing a moment, seeing things differently and being open to where that might lead.

So, maybe the next time you think about where to meet someone, skip the usual plans. Walk into a gallery instead — you might end up with a good memory in your bucket.

By **Sabrin Zawad Rit**
Photo: **Collected**