

# HOW TO USE SLEEP STRATEGIES TO HELP YOUR CHILD

If your child has trouble falling asleep, sleeping through the night, waking during the night and waking too early, these tips may help.

## QUICK TIPS

- **Choose ideas** that work well with your family's lifestyle.
- **Begin making changes** only when you have time and energy to see if it will work.
- **Try one small change** at first and slowly incorporate additional changes one at a time.
- **Be patient** – it can take weeks or months of carrying out strategies to see a change.

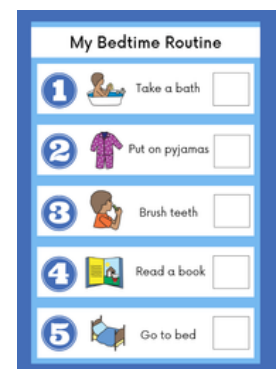
## SLEEP HYGIENE

- **Keep the same wake time** and bedtime seven days a week, as much as possible.
- **Expose your child to natural light** when your child wakes up and dim the lights in the house in the hours before bed.
- **Promote exercise during the day**, but not during the two hours before bedtime.
- **Avoid all caffeine products**, such as chocolate and fizzy drinks. Their stimulating effects can last up to 12 hours.
- **Reduce and/or avoid daytime bedroom use** for things like homework or playing.
- **Avoid stimulating activities**, such as screens 60 minutes before bed.
- **Create a bedtime routine** with calming activities before bed.



## STRATEGIES

- **Build a visual bedtime routine** lasting around 30 minutes.
- **Make adjustments to the environment.** Consider temperature, light, sound, texture, smells and objects around them.
- **Introduce a bedtime pass.** If your child frequently gets out of bed issue them with a bedtime pass which allows them to exchange it for a hug, a kiss, a drink of water or a parent visit to bedroom.
- **Morning reward.** Positive reinforcement to stay in bed overnight, make it a small immediate reward.
- **Checking in.** Letting your child know you are still there, this will prevent them getting out of bed.
- **Brief and boring.** Make minimal interaction with the child once the bedtime routine is complete.



**REMEMBER CHILDREN TEST BOUNDARIES, IT WILL GET WORSE BEFORE IT GETS BETTER. CONSISTENCY IS KEY FOR A POSITIVE OUTCOME.**

# BEDTIME PASS

Some children have a difficult time staying in bed. You put your child to bed and, before you know it, they are crying or getting out of bed. One effective tool to help children learn to stay in bed is the bedtime pass. A bedtime pass is a card that is given to the child at bedtime that may be exchanged for one "free" trip out of bed or one parent visit after bedtime. If the child does not use the card during the night, they may exchange the card for a special reward in the morning. If the child gets out of bed after surrendering the bedtime pass, you take the child back to bed with as little attention as possible. The goal of the bedtime pass is to teach the child to stay in bed

## HOW TO USE THE PASS

- Show your child the bedtime pass and explain how it works (or read sample story below with your child).
- Involve your child in identifying possible rewards that may be earned by holding onto the pass.
- At bedtime, give your child the pass. You may need to remind them how it works and/or reread the story.
- If your child gets out of bed or requests a parent visit, calmly respond to their needs and take the pass.
- If your child gets out of bed after surrendering the pass, take your child back to bed with as little attention as possible.
- When your child keeps the pass all night, provide a reward first thing in the morning. Always pair rewards with lots of praise. As your child experiences success keeping the pass, it may be possible to reward your child with stickers (on a sticker chart) or a point system and gradually work towards larger rewards.

## STORY TO SUPPORT THE BEDTIME PASS

People need sleep. Sleep helps people feel rested and have more energy. Sleep helps people stay calm during the day. Sleep helps people do better in school too! My parents want to help me get a good night's sleep. They want me to be rested, calm, and do well in school. They know that some nights I have trouble going to sleep. My parents have made a bedtime pass to help me. The bedtime pass is like a ticket. The bedtime pass can be traded for a drink or to get out of bed. If I ask for a drink of water or get out of bed, I have to give them the bedtime pass. When I am able to stay in bed all night, I get to keep the bedtime pass. This is a good thing! In the morning I can trade the bedtime pass for a treat. A good night's sleep will help me be rested, calm, and do well in school. My parents like it when I get a good night's sleep



# BEDTIME PASS



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Exchange once for:

- 1 visit from parent
- 1 drink of water
- 1 night time hug
- 1 night time kiss



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# My Bedtime Routine

1



Take a bath

2



Put on pyjamas

3



Brush teeth

4



Read a book

5

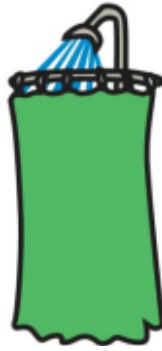


Go to bed

Take a bath



Take a shower



Wash hair



Put on pajamas



Brush teeth



Get a drink



Go to the bathroom



Go to bed



Go to sleep



Read a book



Draw



Hug & kiss goodnight

