



Bed Time Top Tips

- ❖ *Keep your routine the same every night, for example: dinner, bath, getting pyjamas on, reading a story (same number of stories every time).*

- ❖ *If your child is waking in the night they might need a little something more before bed for example, warm Weetabix will sustain them through the night or some milk and a biscuit. Make sure you take a drink up with you in their room every night so it is to hand. Some children will keep asking for it with the hope they may be able to get up.*

- ❖ *Making sure you are taking it in turns, so you have time to relax or just take a minute out is key, as it can be very tiring putting a new routine in place for bed time. You might find splitting the evening up helpful for example: one could do bath and getting him dressed then the other story and bed. This gives the other parent some time to breathe and get ready to help you with the next stage of bed time. This just means that one person isn't getting exhausted and frustrated. The next day swap around.*

- ❖ *Initially I would start with staying close to him. After you read a story, I would stay close until he falls asleep, this is so he knows that you are close. You can also say to him the following: mummy/daddy stays close, mummy/daddy will keep you safe and mummy/daddy will check on you. I call it the three comforts. This will explain to him that even though he is on his own in bed that you will always be close by and able to keep him safe.*

- ❖ *Once he has got use to you falling asleep with you next to him then start to move further away each night, don't forget to repeat the three phrases so he knows what you will do for him. Moving away can be as little as just turning your back, moving a few inches away etc.*

- ❖ *If you need to change with your partner simply say that mummy/ daddy (whoever is going to come) will check on them in 1/ 2 minutes.*

- ❖ *This could take a few weeks or more, make sure you go to his pace. If you start to leave too soon he may lose trust.*

- ❖ *This may take some time but eventually you will have a routine where you will be able to leave him but reminding him that you will stay close, keep him safe and will come check on him. When checking on him give him how long until you will come back, this needs to be from 1/2 mins initially, so that he gets use to you coming back. Eventually once he is comfortable he will let you leave longer.*

- ❖ *If he comes out of bed (once you have established a routine of you being able to leave him), I would say the following in the rule of three:*

“its bed time now and I love you” and walk/ carry back to bed, then if he comes out again simply say “bed time” and walk back, the next time he comes out of bed you would say nothing and walk/carry him back to bed, after this point you carry on saying nothing.

This may be frustrating but persistence is key and working together, the minute he sees that one is not doing the same as the other it creates uncertainty. His anxiety of going to sleep in his room on his own may come back.

Eventually you can get him to repeat the ending of what you are going to say for example: daddy keeps you ..., Mummy will stay... or daddy will come and ... This will be when he is a little bit older.

Good Luck! please feel free to come back and speak to us if you are not sure about a particular situation and we will be happy to help.