

SLEEP MANAGEMENT

- Assess** that your child is not unwell ie. ear infection, in pain, or suffering from sleep apnoea (stops breathing) due to enlarged adenoids, if so treat and/or take to doctor.
- Check prior to bed that your child is not thirsty or hungry and has been to the toilet. Leave a night light on if required.
- Parents** need to be determinedly consistent to make sleep management work
- Routine** Set a regular bed time eg: 8pm week-nights, 10pm weekends (decided by negotiation) with a routine 30 minute quiet time prior to bed, this could be reading, a special time with parents, non-aggressive type TV/video, music or story time tape.
- Child** Explain with confidence and enthusiasm the routine and the consequences of not sleeping ie: tiredness and grumpiness.
- Avoid** activity prior to bed and drinks which stimulate such as, coke, coffee, tea. Do not have TV or play stations in the bedroom, keep bed for sleep only and ensure your child learns to sleep alone. Persistently ignore demands for attention, no extra cuddles, drinks or sleeping with parents.
- Choice** Give your child the choice if he/she gets up, of staying in bed or having the door open or closed.
- Use** a contract with your child and a star chart as a reward for going to bed on time and for staying in bed etc with other rewards negotiated between parent and child.
- Set** a waking time, so your child will be tired at bedtime.

Praise and encourage, perseverance will win.