

Managing Bedtime Battles

- ❖ Keep the same bedtime every night, to help set your child's internal clock.
- ❖ Have a consistent bedtime routine, with calm and enjoyable non-screen activities, such as bath and 2 books.
- ❖ Tell your child about new expectations about bedtime during the day. Keep discussion simple; be clear and positive.
- ❖ **Ignore** complaints or protests at bedtime. Be firm but neutral. Don't reason with your child or argue with them.
- ❖ Leave the room while your child is still awake.
- ❖ If your child gets out of bed or comes out of their room, firmly and calmly return them to bed, **each and every time**.
- ❖ Use your attention wisely.
 - If your child is stalling, stay calm. Avoid conversation other than repeating "time for bed".
 - If your child follows bedtime rules, give them lots of praise and positive attention.
- ❖ Consider a positive reward system. Reward a specific behavior (such as staying in room) first thing in the morning. The best rewards are simple, such as a sticker or playing a special game.
- ❖ Remember, **consistency is key!**