



Belfast Health and
Social Care Trust

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RISE NI

Regional Integrated
Support for Education

What can help to get my child to bed?



PRACTICAL STRATEGIES TO HELP WITH BEDTIME

Strategies to help with bedtime

- Stick to a set bedtime every night, about 7.30 is good for 3 and 4 year olds.
- Prepare for bedtime: Say 'you have 5 minutes...3 minutes..1 minute..' before bed, allowing them to finish what they are doing.
- Do something quiet before bedtime: story, soft music, bath time.
- Your child should be encouraged to go to their own bed, don't let them fall asleep in another bed then to be transferred.
- Make it clear that bedtime means bedtime. Lights out means TV and other games are switched off.
- You can use a picture routine (see next page) to help your child.
- When bedtime routine is completed, put your child to bed and leave the bedroom. Your child must learn to fall asleep by himself or herself.
- Ignore any protesting and do not have any negotiation. Be calm, fair, and firm.
- Accept some night waking as normal. Treat this as a temporary stage.

Bedtime Routine



Sometimes have a bath



Put on pyjamas



Brush teeth



Read a bedtime story



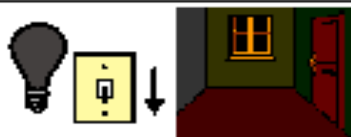
Kiss and hug
goodnight



Get tucked in



Lights out



Sleep



Start the bedtime routine 20-30 minutes before bedtime so that your child can be prepared for this.

Ensure all potential requests are addressed. Eg. Toilet/ drink



Stick to a consistent bedtime routine. Bedtime cannot be renegotiated every night.

In the morning, praise your child if they have stayed in their own bed. If the bedtime routine did not go well, just be patient and try again the next night.

