

## STRATEGIES FOR PUTTING YOUR CHILD TO BED

- Make your child comfortable, e.g., give hugs and kisses, cuddly toy, drink, nightlight
- Leave the room while your child is still awake so s/he falls asleep on her/his own
- Don't go in as soon as s/he calls for you; wait before answering her/him; reassure her/him but don't pick her/him up to comfort her/him; leave immediately
- Continue to go in to reassure her/him if s/he is upset but leave immediately so s/he falls asleep on her/his own
- Reassure her/him from farther and farther away until you are talking to her/him from the bedroom door

If s/he doesn't settle down with the above strategy, try the following:

- Lie down on a mattress near her/his bed
- Reassure her/him if s/he is upset but do not physically comfort her/him
- Stay until s/he falls asleep
- On subsequent nights, lie down farther and farther away until your mattress is in the hallway and eventually back in your bedroom
- If s/he insists on leaving her/his bedroom, get a safety gate for your child's room and put her/him back in bed if s/he climbs over the gate

If your child does not respond favourably to the above suggestions, you might need to use a more structured approach.