

# A step-by-step approach for better sleep

FROM CLASS 2, HELPING YOUR CHILDREN SLEEP ONLINE CLASS



## 1. CHANGE ONE THING

Think about changing one small piece of your child's bedtime routine. Do you want to set a limit on the number of stories you read, who stays in the room, or where you lay?

## 2.) BUILD CONNECTION

Use tools like Special Time and Playlistening during the day to create warmth and safety with your child. This helps them open up and fosters trust that will sustain them as they work through their fears later.



## 3.) SET THE EXPECTATION

Let your child know ahead of time what you want to change about the bedtime routine and when you want that change to happen.

Pick a time when you can listen to their feelings (and disapproval) well.

## 4.) PROPOSE A LIMIT

When it comes to bedtime, get close to your child and bring the limit you have decided on. Use a gentle but firm tone. Keep things short and light. "Tonight, we will read two stories. Which two would you like?"



## 5.) RESET A LIMIT IF NECESSARY

Since a child will do anything to keep their feelings under wraps, you can expect on resistance. They may try to bargain or request alternatives to the limit you set. This is normal, natural and OK, but keep to the limit

## 5.) LISTEN, WHEN TEARS COME

Stay close and be as supportive as possible. As they cry say, "I know this is scary, you are safe, I'm right here."

