

- . Make sure the room temperature is comfortable, your child is in loose jammies, and that they have the necessary stuffed animals, dolls or other favorite bedtime item before the lights go out
- · Use a nightlight if needed











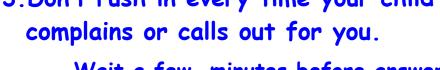












- · Wait a few minutes before answering to give the message that it is time for sleep
- · Reassure your child that you are there, even if you don't go in the room
- If you go in the room, then calmly reassure your child and leave quickly
- 4. Pay attention to the noise level in the rest of the house. Can you keep the noise level down so that it isn't highly distracting?
- 5. Consider a brief, warm bath for your child, as well as warm milk or a healthy light snack

Remember: You are helping by providing loving support, reassurance and routine!

CBT+















