



## Ways to Help My Child Sleep

### 1. Keep a regular routine to include:

- Have the child go to bed about the same time each night
- Have your child settle down with a quiet, calming activity at least 1/2 hour before bed
- Have your child read a pleasant book—or better yet, read to your child before bed
- Allow for some “tuck-in” time to include reading, sharing positive thoughts about the child, and or the day, and cuddling
- 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



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2. Encourage your child to learn how to settle down and fall asleep on his/her own

3. Don't rush in every time your child complains or calls out for you.

- 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+