



Become Your Child's Sleep Coach

(For children 2-10 years old)

The most important part of sleep coaching is teaching your child to self-soothe. You can be a great sleep coach and teach your child to self-soothe with these five steps:

1. Prepare your child's room for great sleep
2. Use a consistent routine to calm your child
3. Teach your child to self-comfort and work your way out of their room
4. Set a limit on extra requests after lights out
5. Make a plan for night wakings



A bedtime routine chart is very helpful for a smooth bedtime. Charts prevent your child from adding lots of extra steps to the routine. You can also use the chart to move things along ("The chart says it's time to brush your teeth next.")

Try to manage the use of electronics from an early age. Manage the use of electronics around bedtime by blocking the blue light on screens after dinner and by putting all screens away one hour before bedtime. Electronics have no place in your child's room. Leave smartphones, tablets, and computers in another room to charge at night and provide your child with a "bedtime basket" and a reading light instead. This is a bin or basket with a book, toy, coloring book, and so on. Your child can use items from this basket until they are drowsy enough to go to sleep.

Bedtime tickets help if your child makes lots of extra requests at bedtime. Bedtime tickets are small cards or tokens that can be traded for any bedtime request that your child makes after lights out. For example, if your child wants you to check under the bed or bring more water, these requests would each cost a ticket. Try giving your child 2 of these tickets at bedtime. Once the tickets are gone, remind your child to read or play until they are sleepy.

Decide what to do about night wakings. You can allow your child to sleep in a spare bed in your room or you can walk them back to bed each time they come to you.

