

Sleep Recommendations:

a consistent bedtime routine is necessary.

the time schedule should be consistent and be the same on weekends.

a night light can be used.

focus on one behavior at a time: go to bed, not call out, not get out of bed, etc.

use a reward program for appropriate behavior: star charts, coupons etc. that can be redeemed.

be aware that problem behaviors will get worse before they improve (extinction burst).

If you have to sit with the child before she goes to sleep, gradually reduce amount of time each night.

Systematic ignoring is often useful.

if the child yells, cries out or makes a ruckus, give one warning that you will close the door if it doesn't stop --then do it.

children should go to sleep in their own bed.

children should not go to sleep while watching TV.

communicate your expectation that child will do the desired behavior.

limit afternoon napping (by 5 years most children do not need naps).

start any new bedtime program on the weekend.

parents cannot be permissive regarding bedtime routines; there must be limit setting.

limit screen activities prior to bedtime (video games, TV, iPads).

keep a sleep diary for at least two weeks.

regular exercise makes the child more amenable to going to sleep.