

 Faded Bedtime

* Complete a sleep diary for a two week period.
* Refer to the completed sleep diary to select a time your child is likely to fall asleep with little difficulty and add 30 minutes. This is your child’s new bedtime. (For example, if they normally fall asleep at 9pm, the new bedtime will be 9.30pm).
* Keep your child awake before the new bedtime even if they want to fall asleep.
* If your child falls asleep within 15 minutes of being put to bed at this new bedtime and without resistance for 2 consecutive nights, move back the bedtime by 15 minutes.
* Continue to move back the bedtime by 15 minutes until the desired bedtime is reached.
* If your child gets out of bed, immediately return them

with no eye-contact or conversation, reinforcing the

words “Bedtime, go to sleep”. Do this repeatedly until the

child remains in bed and falls asleep. (This can be an

exhausting, frustrating and time consuming process but will be effective in time).