

SESSION

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Understanding your child's behaviour Developing a good sleep routine for you and your child – The golden rules

7.25

- A poor routine is often to do with difficulties in a parent and child separating.
- To develop a good nighttime routine it is best to start by trying to get a good daytime routine.
- It helps if things happen in the same order at roughly the same time each day.
- If your child can't separate easily from you, try to have 5–15 minutes each morning and afternoon when both of you feel more separate (i.e. not giving each other full-on attention).
- A good bedtime routine could be: tea–bath–story–bed.
- Once your child goes to bed he should be expected to stay there.
- It helps if your child is put into his bed awake so that he learns to fall asleep without you. This will help him to know how to get back to sleep if he wakes during the night.
- You may need to return to reassure your child from time to time.
- A book or favourite soft toy can be available if your child is unable to go to sleep straightaway.
- After about six months a baby does not need milk during the night – water is less tempting to wake up for.
- If your baby wakes in the night try not to take him out of his cot unless you have to.

