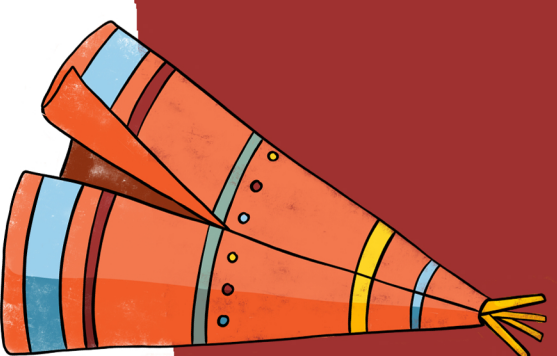


# Camping out to support your kids to sleep.

This is a short-term method to support your kids to fall asleep in their own bed. Basically it's about putting a chair in their room and gradually moving this away from them, and then their room.

Get prepared though because it can take between a week and 3 weeks to work.



## Sort the bedtime routine so that it includes:

- Limited (or no) screen time.
- A relaxing shower or bath.
- Some relaxing reading (in their bed) to get them where you need them and make it snuggly!
- You might want to introduce music or an audio-book for them to drift off to.
- Have a low-level night light in the room if needed.
- Make sure their bedroom is calming and a place they want to be.

## The camping out method.

Let your child know you're going to stay in the room with them while they go to sleep. Let them know that if they do this, in the morning they'll get a reward - discuss what this is, make it motivating and pair it with praise, high fives, cuddles and joy!

Add a chair and stay with your child until they go to sleep.

If they try to engage with you, use your best poker face and calm voice and let them know it's sleeping time - look super boring so they get the idea that sleep is actually a great option. Reading or journaling to fill in your time is helpful and pretty uninteresting for kids.

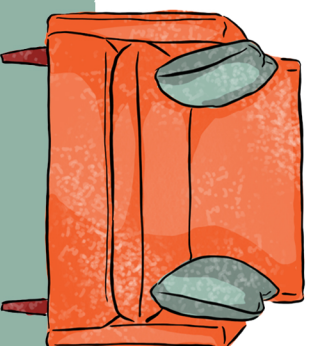
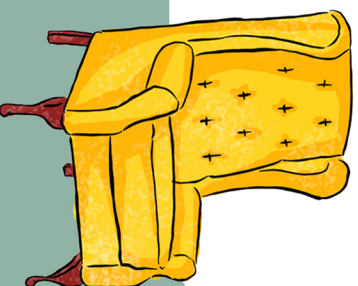
Repeat this for 3 to 3 nights, then move the chair about a metre from their bed for the following 3 nights and stay with them until they fall asleep.

The deal is that you're priming them to feel comfortable and safe to fall asleep and that this becomes their habit. But you'll need to be really consistent.

Then for the following nights (and remember this can take 3 weeks) gradually move the chair further away (nearer the door) and then on the other side of the door, or leave the door open and stay in the door way. Unfortunately we can't rush this process, and each move of the chair needs to stay in place for 3 to 4 nights.

AND, if your child wakes in the night you'll need to return to your chair and stay with them while they fall asleep again... and keep calm!

Be sure to really praise your child in the morning for any progress (even if they woke in the night). The new rewards for the new behaviour (going to sleep in their bed) need to outweigh the rewards they were receiving for getting out of bed which may have been a combo of inconsistent responses (sometimes being allowed up, sometimes not, sometimes being yelled out, sometimes not, sometimes being allowed to join you in your bed, sometimes not... you know the drill!).



Go easy on you too and be sure to give yourself an internal high five for any consistent change you're making to support your kids. Keep being amazing!

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