



EST. 2019

# VELEY FOUNDATION

PO BOX 3434

ALLENTOWN PA, 18106

(267) 362- 4310

## HOW TO GET YOUR CHILD TO SLEEP IN THEIR ROOM

In general, children struggle to transition to sleeping alone because of an inability to tolerate uncertainty without seeking reassurance. It is important to know it is never too late to help your child gain the confidence to be able to fall asleep in their own room. It is vital to be firm and consistent. Once you decide and communicate the expectation for your child to



sleep in their own room, you cannot allow them back in your room, not for 5 minutes, or if they are having a bad day. The parent's room should be strictly off limits during this time. This will be a difficult task for parents that requires dedication, energy and patience. A complete transition can take up to 3 months so be prepared and have a plan on how you will self-regulate during this difficult transition.

### TIPS FOR GETTING YOUR CHILD TO STOP SLEEPING IN YOUR ROOM

- TRY A POINT/REWARD SYSTEM FOR ANY PROGRESS MADE, GIVE LOTS OF PRAISE
- AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS A BEDTIME ROUTINE CALLED THE 4 B'S BATHING, BRUSHING, BOOK, AND BEDTIME
- TRY THE "FADING" METHOD, THE PARENT STARTS BY LAYING ON THE CHILD'S FLOOR UNTIL THEY FALL ASLEEP OR ARE READY FOR YOU TO LEAVE, NEXT YOU SIT IN A CHAIR BESIDE THE BED, OVER TIME YOU MOVE THE CHAIR FURTHER FROM THE CHILD AND CLOSER TO THE DOOR, NEXT YOU CAN STAND IN THE DOORWAY. TIME SPENT IN THE CHILD'S ROOM WILL DECREASE AND THEIR CONFIDENCE IN THEIR ABILITY TO FALL ASLEEP ON THEIR OWN WILL INCREASE.
- TRY THE 100 WALKS METHOD, FOR THE CHILD THAT WILL FOLLOW YOU BACK INTO YOUR ROOM AFTER YOU PUT THEM IN THEIR BED. HOLD THEIR HAND, WALK THEM BACK TO BED, KISS THEM, TELL THEM YOU WILL CHECK ON THEM WHILE THEY ARE SLEEPING AND WALK OUT. IT IS IMPORTANT FOR THE PARENT TO REMAIN NEUTRAL AND NOT HAVE A RESPONSE (POSITIVE OR NEGATIVE) TO THE CHILD AS THIS WILL REINFORCE THE BEHAVIOR. REMAIN FIRM EVEN IF YOU ARE TIRED. HAVE A PLAN ON HOW TO REMAIN STRONG AND COPE. SEEK SUPPORT FROM YOUR CO-PARENT OR FAMILY/FRIENDS. REPEAT AS NECESSARY.
- TRY THE ONE PASS SYSTEM WHERE YOU EMPOWER YOUR CHILD BY MAKING THEM FEEL LIKE THEY HAVE SOME CONTROL AND ARE ALLOWED "ONE PASS" TO LEAVE THEIR ROOM FOR A DRINK OR HUG FROM A PARENT/PET/OTHER FAMILY MEMBER.

