

An anxious brain won't rest until it feels safe, which is why we see lots of children sleep just fine as soon as they get in bed with mum or dad. We feel safest when we feel connected and contained, therefore, remaining warm, strong and loving during the bedtime routine will best support your child's anxiety.

## HOW TO HELP YOUR CHILD

- **Have a consistent bedtime routine** - Use our 6 steps to bed chart. Try to give as much warning as possible before they need to start their bedtime routine, for example, 'Five more minutes until it's bath time'
- **Validate your child's feelings** - try not to dismiss their feelings by saying 'You're ok or just being silly'
- **Spend time creating connection** - take time to read a story and make your child feel safe in their bed
- **Celebrate small wins** - give praise for staying in their own bed, even if it is for a short time
- **Talk about dreams and worries** - Dreams come from our thoughts and emotions, and studies have found that dreams can be changed by talking about them just before bedtime.
- **Limit screen time and play in the bedroom** - associate bedrooms with sleep and rest
- **Seek additional support** from a [Therapy Pro](#) psychologist

## SIGNS OF ANXIETY AT BEDTIME

- Calling out and getting out of bed
- Not wanting to sleep in own bed
- Needing help settling back to sleep
- Waking often during the night
- Sleeping at irregular times
- Displaying signs of being anxious, worried or fearful

# BEDTIME- PARENT TIPS

# BEDTIME TIPS

## CREATING A RESTFUL ROOM

Making a room feel safe, calm, inviting and familiar to promote sleep.

Let your child choose their own special pjs, sheets or doona cover



Use a nightlight



Get the room temperature right - cool, not warm



Choose a cuddly toy or comforter



Use a guided meditation or relaxation music to wind down



Check in regularly in the early days - 'coming back' and 'checking in' often... Starting with every 1 minute, every 3, every 5....

# MY BEDTIME ROUTINE

TO-DO'S BEFORE BED TIME



M T W T F S S

Choose my pyjamas

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Brush my teeth

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Go to the toilet

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Pick my toy

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Read a book together

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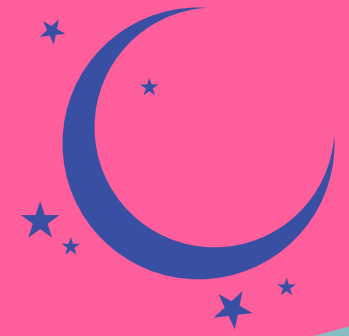
Say goodnight

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MY REWARD FOR THIS WEEK IS:

# MY BEDTIME ROUTINE

6 STEPS TO SLEEP



M T W T F S S

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