

# The 'checking method' 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 doing loads of check-ins with your child while they're in their bed and gradually extending the amount of time between checks.

This method will take between 2 and 3 weeks to be successful.

## Sort the bedtime routine so that it includes:

- Limited (or no) screen time.
- A relaxing shower or bath
- Some 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 checking method.

Let your child know you're going to do checks on them - promise a million through the night if needed, it won't really matter. The trick is to get in the room for a check-in, faster than they get out of bed to see where you are or what you're doing. This might need to be inside of a minute for the first check!

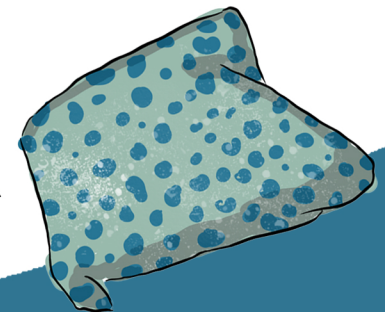
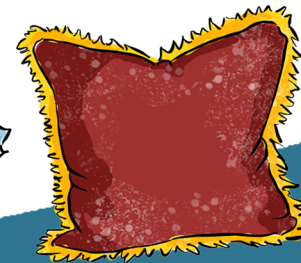
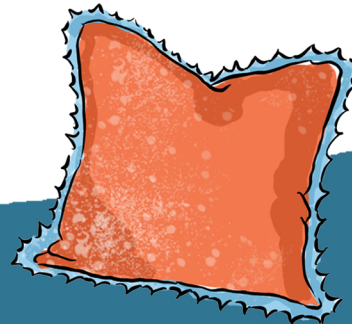
Follow their bedtime routine. Snuggle your child in, say good night and leave the room promising to be back for a check in one minute.

Continue checking every minute (if needed) gently entering the room with your best poker face. You might need to provide a cuddle, but only provide them with the smallest amount engagement by praising them for staying in their bed.

Gradually over the next week extend the time between your check-ins. Consistency is the key here while they learn to trust that falling asleep isn't scary and you're near.

We know many parents who continue to check in every 15 to 30 minutes even after their kids have developed the habit of going to sleep on their own, and we all LOVE to see our kids sleeping, hey?

Be sure to really praise your child in the morning for any progress (even if they woke in the night). You might like to reward them along the way or pair the checking method with a reward chart for staying in their bed.



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.

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