

Establishing Bedtime Routines That Work

Overview/Description

Young children do not like to go to bed. Parents like for their young children to go to bed. Since these are incompatible agenda, conflict and power struggles can erupt. It does not have to work out in that manner though. Obtaining buy-in from kids can be achieved so that more often than not, they are cooperative in getting to bed at a time that helps them perform optimally the following day and gives their parents the late evening “me” time that improves their functioning and life satisfaction.

Target Audience

Parents with preschoolers or children new to attending school.

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop, you will be able to:

Identify the issues involved in conflicts between children and parents associated with bedtime

- Identify the relationship between successful bedtimes and successful days
- Describe how to use transition times and routines to your advantage
- Describe the importance of limit-setting and consistency

Identify practical ways to get young children to establish bedtimes

- Describe how to structure daily activities to get children ready for sleep
- Describe how to use relaxation methods to get children to sleep

Describe methods of establishing and maintaining family rules

- Describe how to use the family meeting
- Describe the process of establishing rules—who can provide input, negotiation and consequences
- Identify ways of creating logical and natural consequences as opposed to punishment

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