Sleep strategies: Reassuring young children when they wake

This involves leaving your child at sleep times and coming back at timed intervals to reassure. If your child is in a bed, make sure the room is safe and a visible boundary like a stair gate can be better than closing the door.

- Say goodnight and come out of the room.
- If your child cries wait for 2 minutes before going back to briefly reassure
- Avoid too much interaction.
- Increase the time by a minute and repeat. Increase up to 15 minutes. Repeat until they go to sleep.
- Respond the same way whenever they wake in the night.

This is slightly different and involves leaving your child at sleep time and putting them back to bed when they try to get out.

- Consider use of an alarm system – wind chimes, ball with bell, tin containing cutlery or box with noisy toys at the door, so the parent can hear the child coming out of their room.
- If the child gets out of bed and cries or calls out: leave for 5 minutes.
- Then go to the child, take back to bed and say good night and leave. Do not engage with the child in any way.
- Keep repeating after every 10 minutes.
- Return the child immediately to their bed, every time the child leaves their room.

Hunrosa Sleep Take Away Cards – Cards to help give sleep advice, and for patients to takeaway. For children and young people and their families, including those children with additional needs. A section for those up to the age of 25 years. These have been developed by Hunrosa sleep consultancy working within the NHS. These commissioned cards use evidence based sleep information and advice.