



Family Routine Guide Snapshots

Problem: Your child has a hard time going to sleep.



Directions: Choose one strategy from each column to try (2 strategies total).

<p style="text-align: center;">Before</p> <p style="text-align: center;"><i>How can I prevent challenging behavior?</i></p>	<p style="text-align: center;">During</p> <p style="text-align: center;"><i>What can I do when challenging behavior occurs?</i></p>
<ul style="list-style-type: none"> • Establish a consistent bedtime routine. – 1. PJs 2. Brush teeth 3. Drink water 4. Go potty 5. Read stories 6. Lights out/sleep • Keep bedtime consistent even through the weekend. • Offer to put on music and/or rub your child’s back using a first/then language. - <i>“First go lie down; then I can rub your back.”</i> • Reduce distractions and darken the room. • Provide a choice of an item – a blanket, a doll, or a stuffed animal - to sleep with. • Praise your child for starting to settle down quietly. 	<ul style="list-style-type: none"> • Say, “First lie down quietly; then I will put on the music/rub your back/read to you.” • Let your child select a book and once he/she is settled, you start to read to him or her. • Validate feelings and offer an alternative. - <i>“I know this is hard. You want to play, but it is time to go to sleep. Lie down, and when you are quiet I will turn on the music/rub your back/read with you.”</i> <p>If challenging behavior continues after trying one of the above strategies, provide a clear direction (e.g., lie down) and ignore* challenging behavior. *If challenging behavior is dangerous, do not ignore.</p>

Adapted for Team Tennessee/Pyramid Model State Partnership by Vorhaus, E. (2012) Nashville, Tennessee: Tennessee Voices for Children from: Lentini, R., Vaughn, B. J., Fox, L., & Kwang-Sun Blair (2009). Creating teaching tools for young children with challenging behavior (3rd edition). Tampa, Florida: University of South Florida.



This product was provided to you by the Education, Innovation & Research Grant (EIR), an activity supported by Metro –Nashville Public Schools and funded with federal funds.