

The Bedtime Token

The bedtime token is for children who have a difficult time staying in their bedroom and use different reasons to get out of bed. Making a bedtime token for your child may be valuable.

Ensure to pre-empt their regular reasons (I need a drink/ the toilet, a cuddle) and incorporate them into their bedtime routine.

The steps for the bedtime token are:

- Sit down with your child and explain what you are going to do.
- Explain that your child is having difficulty staying in their bed and that you have come up with an idea of how to help (for example, “I know it’s hard for you to go to stay in your own room so I have thought of an idea for you”).
- Show your child the bedtime tokens and explain they can get up in exchange for a bedtime token.
- Explain once all tokens are gone, they will need to stay in bed and go to sleep.

Follow their bedtime routine.

Just before bed, hand the tokens to your child and remind them of the purpose and then leave the room.

If your child asks to use the token, allow this interaction/reason and then take the token. Send your child back to bed and reminding him or her that it is time to stay in the room and go to sleep.

If your child calls out *after* using the all the tokens, use the good ignoring strategy; ensuring they are safe but not engaging with their behaviour. If your child comes out of the room after using the tokens, guide them back to bed with no or minimal talking.

For the first few nights when you are using the tokens, remind your child of the rules of using the tokens, give them the tokens and follow the same routine.

Slowly reduce the amount of tokens they are allowed each night.

