



Sleep Solutions for Toddlers and Preschoolers

Good Morning Light

- Use diary to determine child's average wake time in the morning
- Set light to change about 30 minutes before average wake time
- Point at light at bedtime and during the night, and tell child light is still sleeping
- After light changes in the morning, make a big deal that it is time to get up
- Once association set, can move time later by 15 minutes every few days and use at naptime

