Bedtime Problems - Can't Sleep Alone

Take A Break	- Consistent bedtime routine and set bedtime - Calm bedtime down by staying with your child every night - Use diary to determine how long it takes child to fall asleep, stay for half that time - Take short break (with excuse), return, remain present until child is asleep - Parent must always return!

Second Goodnight with Token Reinforcement	- With each check, child earns token if they remain in bed - If child gets out of bed or calls out between checks, lose a token - If child gets back in bed, and remains quiet, they can earn back token - Time between checks and increases each night - Parent must always return