



## Sleep Solutions for Children 2-10 Years Old

### Take a break to leave your child alone in their sleep space

- Create a consistent bedtime routine and a set bedtime
- Calm bedtime down by staying with your child every night as they fall asleep
- Use a sleep diary to determine how long it usually takes your child to fall asleep
- Stay for half that time and then take a short break (with an excuse), return, remain present until the child is asleep
- The break gets longer each night – **“I’ll be back in two minutes”**

### Take A Break Reasons



### Parents must always return!

You can use a bedtime buddy to let your child know that you came back, even after they were asleep.

