

Difficulty Sleeping Alone or Night Waking

If your child is waking in the night or finding it difficult to sleep by themselves, have you considered or are you already doing the following?

- Does your child have a comforter?
- Have a picture of you near by?
- Are you being consistent every night?
- Is your child falling asleep without milk/a dummy/ a tv on?
- Is the environment staying the same (e.g. if a light is on when they fall asleep, does it stay on throughout the night?)
- Using a reward scheme
- The gradual withdrawal technique (slowly moving away from your child over a period of time)
- Being a Robotic parent once the light goes out and avoiding interaction
- Leaving a night light on
- Leaving the bedroom door open slightly
- Talking to your child about their fears (not just before bedtime)
- Is everyone that is involved in the bedtime routine doing the same thing?
- Is your child in pain?
- Is your child waking due to noise?
- Is your child waking due to it being cold?