

Parent to Parent bed-time tips

These tips are from X's Mum and Dad.

“Having a plan for Christmas is just one of the strategies that we have had to employ at home to make family life run more smoothly.

We had to formulate strategies for lots of things such as Hair cutting, nail cutting, using hand dryers even just getting our child to go into a supermarket or an airport. These things are all fine to do now. I am not sure I would want to go back to 4 years ago!

Just to give you an idea, one strategy we employed was for bedtime. This used to be a nightmare. Our child has always been really good at settling for sleep once in their bedroom (we are lucky) but getting them upstairs to do teeth brushing and toilet at bedtime when they are already really tired caused issues. Our child was running around the room to avoid going upstairs and we had lots of confrontation at a time when they are meant to relax.

When we had a think of what was going wrong we remembered that Interphases have always been problematic so we basically cut them down. Now, once our child has had their tea and sufficient calm down time after school, they have a bath and everything is done in the bathroom – bath, toilet, pyjamas, teeth-brushing. Once finished they can then go downstairs and watch a film.

As an incentive for following the timetable, our child can choose the film. They still get a film if they do not follow the timetable but Mum chooses rather than them. I can't believe how effective that has been. I hardly ever get to choose the film now!

We also realised that he is much better with our just one parent taking him to bed and reading him a story rather than two. This is what we now do.

Taking our child to bed is now not an issue.”