

Dr Brambles “Ten Steps to a Quiet Night”

1. Make bedroom safe, secure and unstimulating.
2. Set regular bedtime and waking time and stick to it.
3. Avoid stimulating activities (rough play, loud music, TV) in the hour before bedtime.
4. Pre-bedtime settling routine (use symbols and other aids).
5. Rapid settling in bedroom (less than four minutes); use your “magic phrase”; leave bedroom; lights off; door closed.
6. Ignore thereafter (unless physically unwell). Put back without fuss if he/she gets up during the night.
7. Don't give in - you will only train your child to get worse if you do!
8. Praise and cuddles (if tolerated) once awake in the morning following a good night
9. Initial worsening of the problem means it is working
10. Stick to this and your child (children) will learn not to disturb you during the night.

10 Caveats:

1. Chose a good time (ie. no holidays or special events pending)
2. Child and parents in optimum health
3. Move bedroom furniture around or change bedrooms
4. Support and encourage other children
5. Discuss progress with a friend, Health visitor &/or teacher
6. Warn the neighbours of risk temporary disruption
7. If possible, brief child thoroughly before and throughout treatment
8. Wavering parents need to back one another up
9. If illness suspected pause until physically well
10. Persist and it stands a good chance of working in:

3 to 4 nights!