



SLEEPING WITH OTHERS

There is no right or wrong way to sleep-train you children. What works well for some children, doesn't work well for others. Whichever method you choose, remember to stick with it.

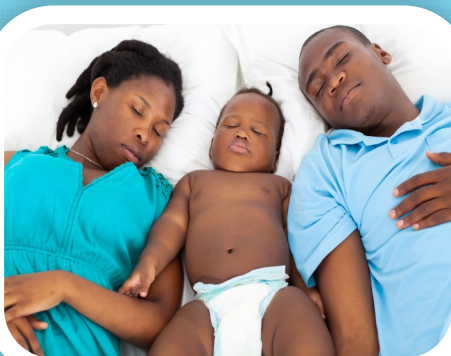


Sibling Room Sharing

Sharing a room with a brother, sister, or family pet can make it hard for some children to fall asleep and stay asleep, but for some children, it may be helpful.

All children and every family is different.

Always do what's best for you and your family's situation.



Parent or Caregiver Room Sharing

- It is recommended that children sleep in their parent's or caregiver's room, but not in their bed, preferably until 1-year of age, but at least for the first 6-months of life.
- Sleeping in a caregiver's room has been shown to decrease the risk of sleep related deaths in young children

Sleeping Alone, Making the Change

The change to sleeping alone can be hard. Here are two ways to help your children fall asleep in their own bed in their own room

Graduated Extinction

This method of sleep training is highly recommended & it's easy!

1. Finish your bedtime routine, put your children to bed drowsy, but awake, and leave the room.
2. If your children cry, ignore the behavior for 10-minutes.
3. If after 10 minutes, they have not calmed down, go in the room and sooth them briefly, but minimize interaction.
4. Wait another 10 minutes, and then increase the time between check-ins until they are able to self sooth themselves back to sleep

Parental Fading

1. Lay in your bed with your children as they fall asleep
2. Once they are always falling asleep in their bed with you within 30-minutes, move a little farther away; so that you are in the bed, but not touching.
3. Once they can fall asleep without your touching, move further away. Like moving to a chair next to the bed.
4. Keep moving the chair 3-4 feet every couple of nights, until it is outside of the room.
5. Move the chair outside the bedroom door, but where they can still see you.
6. Move the chair into the hallway, where they cannot see you.

What You Can Do

These simple tips and tricks should help whether you are trying to get your children to sleep alone, or trying to make room sharing with siblings work.

1. Stay consistent

The most important thing for your children when trying to get them to sleep alone, is to remain consistent. Whichever method you choose, expect that it will take some time for them to adapt. Sometimes it can take weeks until your child is sleeping alone.

2. Siblings sharing a room? Try different bedtimes

Try putting each child to bed at different times. This gives you some special one-on-one time with each child and prevents sibling playtime before bed.

3. Siblings sharing a room? Try a room divider

Try to give each child their own space. Try using a curtain or panel to divide the bedroom. This can help make bedtime less distracting. Making bedtime "nooks" can also create a special sleeping space.

4. Siblings waking up each other?

Sometimes siblings wake each other up if they are in the same room. To prevent this, show both children how to use a signal clock. A signal clock lights green when it is okay for your child to get out of bed. This way, both children know to stay in bed and not wake the other until the green light turns on.

5. Get ready outside of the bedroom

Try to do as much of the bedtime routine outside of the bedroom as you can, especially if you have decided to try different bedtimes. Place pajamas outside of the bedroom and try story time in another quiet space. This helps to not wake the child that is already asleep



PARENT RESOURCES

- Nationalsleepfoundation.org
- Sleepforkids.org
- HealthyChildren.org
- AAP Program: "Brush, Book, Bed" is available at: <http://bit.ly/bedroutine>
- <http://www.seattlechildrens.org/clinics-programs/sleep-disorders/resources/>