



Therapeutic Parenting

STRATEGIES AND SOLUTIONS



Bedtime

What it looks like:

- Refuses to go to bed
- Gets up repeatedly
- Becomes oppositional and defiant at bed time
- Appears fearful of being left alone
- Escalates banging and aggression and is generally dysregulated

Why it might happen

- Separation anxiety
- Fear of invisibility
- Fear of being alone
- Unable to manage transition
- Rewards the child with a reaction
- Need to feel in control and powerful
- Recreating a familiar environment
- Boredom, especially if cortisol levels are high
- Fear of abandonment

Preventative Strategies

- ✔ Strong bedtime routine.
- ✔ Be mindful of environmental factors.
- ✔ Keep messages consistent.
- ✔ Bedtime story.

Strategies During

- ✔ Stroking face and shoulders increases delta waves.
- ✔ If a child is fearful, stay with them until they fall asleep. Gradually withdraw overtime.
- ✔ Avoid TV or tablets.

Access further support via Wyre Family Hub

CONTACT

Children Family Well Being Service



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