



## Family Routine Guide Snapshots

**Problem:** Your child has a hard time going to sleep.



**Directions:** Choose one strategy from each column to try (2 strategies total).

Before	During
<i>How can I prevent challenging behavior?</i>	<i>What can I do when challenging behavior occurs?</i>
<ul style="list-style-type: none"><li><b>Establish a consistent bedtime routine.</b> - 1. PJs 2. Brush teeth 3. Drink water 4. Go potty 5. Read stories 6. Lights out/sleep</li><li><b>Keep bedtime consistent</b> even through the weekend.</li><li><b>Offer to put on music and/or rub your child's back using a first/then language.</b> - "First go lie down; then I can rub your back."</li><li><b>Reduce distractions and darken the room.</b></li><li><b>Provide a choice</b> of an item – a blanket, a doll, or a stuffed animal - to sleep with.</li><li><b>Praise your child</b> for starting to settle down quietly.</li></ul>	<ul style="list-style-type: none"><li><b>Say, "First lie down quietly; then I will put on the music/rub your back/read to you."</b></li><li><b>Let your child select a book</b> and once he/she is settled, you start to read to him or her.</li><li><b>Validate feelings and offer an alternative.</b> - "I know this is hard. You want to play, but it is time to go to sleep. Lie down, and when you are quiet I will turn on the music/rub your back/read with you."</li></ul> <p>If challenging behavior continues after trying one of the above strategies, <b>provide a clear direction</b> (e.g., lie down) <b>and ignore*</b> challenging behavior.</p> <p><b>*If challenging behavior is dangerous, do not ignore.</b></p>

Adapted for Team Tennessee/Pyramid Model State Partnership by Vorhaus, E. (2012) Nashville, Tennessee: Tennessee Voices for Children from: Lentini, R., Vaughn, B. J., Fox, L., & Kwang-Sun Blair (2009). Creating teaching tools for young children with challenging behavior (3rd edition). Tampa, Florida: University of South Florida.



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