



## Goal #1 Bedtime Conversations

When a parent expresses concerns about their child's sleep patterns, conduct a short assessment about the bedtime process to identify areas where you can provide support.

Begin by telling the family that you are going to review bedtime activities and routines step by step. You will need to ask open-ended questions.

- Tell me more about bedtime.
- How does your child know that it's time to go to bed?
- What happens first?
- So when you say it's time for bed, what does your child do first?
- What is everyone else in the house doing during this time?
- Who usually helps your child get ready for bed?
- If you have stairs, how does your child get up the stairs?
- How does tooth brushing go?
- How does dressing/undressing go?
- Does your child have favorite books or songs that you read/sing before bed?
- Does your child sleep in a crib or a bed?
- Does your child sleep in his own room, or does he share with someone else?
- Does your child use a favorite toy, blanket, or pacifier to help fall asleep?
- Does your child stay in bed?
- If not, tell me more about what it looks like when your child gets out of bed?
- Does your child leave his room?
- Does your child wake up during the night?

### Resources

[Bedtime in a Box](#)

[Sleep for Kids: Teaching Kids the Importance of Sleep](#)

[What Sleep is and Why all Kids Need It](#)

[How to sleep better: 10 tips for children](#)

[The DRU Judy Center Promotes Family Well-Being](#)



MARYLAND  
FAMILIES ENGAGE

Goal #1  
Action Plan

Using the chart below, list the issues that are most concerning surrounding the child's bedtime.  
Ask the family which issue is a priority to address. Together with the family, number the rest of the items in order of priority.  
Go through the list together and identify if the issue is related to sleep, routines, or behavior. Once you have determined the underlying problem, you can work to find solutions.

Issue	Priority	Sleep, Routine or Behavior Related?

Things to Try:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_