

Bedtime Pass

The Bedtime Pass is used with children (ages 3 & up) who get out of their bed or call out to parents (e.g., “Can I have a drink?”; “Can I have a hug?”) multiple times after they have been put to bed.

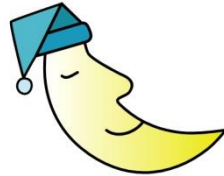
Steps for using the bedtime pass:

1. Put your child to bed at the same time every night.
2. Remind your child of the rules of using the bedtime pass. Practice the rules with younger children or if you think your child may have difficulty understanding.
3. Give your child 4 bedtime passes.
4. Any time your child leaves their room they must give you a pass.
 - a. A pass gets one “free trip” out of the room or one parent visit
 - b. Visits should be short (e.g. less than 3 minutes) & have a specific purpose (drink, hug)
5. Once passes are gone, ignore all attempts to get your attention.
 - a. If your child leaves his room after all his passes are gone, guide him back to the room without talking or looking at him.
6. Allow your child to select a prize in the morning if he has one or more un-used passes from the previous night.
 - a. Letting your child pick his or her breakfast on morning or buy a “boring” cereal and a “fun” cereal and they can eat the fun cereal if they have a pass they did not use
 - b. A snack after school
 - c. Pick a small prize or treat out of a prize box or “grab bag”
 - d. Getting an extra book at bedtime the next night
 - e. Screen time in the morning

_____ 's Bedtime Pass!

Use one time per night to get out of bed

If you do not use it, you can get a reward in the morning



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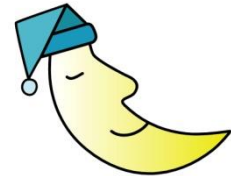
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