From Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions, by L. J. Meltzer and V. M. Crabtree. Copyright 2015 by the American Psychological Association.

Bedtime Chart

The Bedtime Chart will help you and your child have a consistent bedtime routine every night. If used consistently and with follow-through, it can also reduce the amount of bedtime protests and stalling you experience. The following provides guidance on how to create and effectively use a Bedtime Chart.

1. **Create a short, consistent bedtime routine that moves in one direction** (e.g., from the kitchen to the bathroom to the child's bedroom) **and ends in the child's sleeping environment.** For you, this bedtime routine will be _____ _____.
2. **Find pictures that show every step of the routine.** This is something that you and your child can do together. Pictures for each activity on the chart (e.g., cup for a drink, toothbrush, toilet) can be taken with your camera, downloaded from the Internet, cut out from magazines, or simply drawn by your child.
3. **Put the pictures in order on a poster board or on individual pieces of heavy paper if making a book.**
4. **Every night, follow the steps of the chart in order.** Your chart can include a place for a sticker or check mark to show that each step is completed.

Important Things to Remember

- You can use a timer to help your child complete each step in an age-appropriate yet timely manner.
- If your child protests (which she will do the first few nights), be consistent and repeatedly refer to the chart ("The chart says it is now time to go potty" or "The chart says we've already read our two books tonight, so we'll have to save that book for tomorrow").

The Bedtime Chart provides a quick and easy visual reminder of what happens in the bedtime routine. This will ensure that your child has a consistent bedtime routine every night and that if there are two parents/caregivers, the routine does not change from night to night. If followed consistently, the bedtime chart will also reduce bedtime protests and stalling as your child can't argue with the chart or make requests of the chart the same way they would argue or make requests of you.