

# FACT SHEET:



# ABIOS

Acquired Brain Injury Outreach Service

**Category:**

Life After ABI

Parenting

**Audience:**

Person with an ABI



## Bedtime Routine

### Introduction

Getting the children to bed on time can be a problem. It can cause a lot of stress and frustration for parents. For children it can lead to chronic over-tiredness. This can affect their schooling, friendships, behaviour and their mood. Developing a routine increases the chance of your children going to bed on time.



### How do I know that the bedtime routine is a problem?

- The children are late to bed most nights
- Often there is fighting and arguing when the children are told it is bedtime
- The child will not go to sleep in their own room (e.g. they go to sleep on the couch, or floor in the lounge room)
- The child will not “get ready” for bed (e.g. clean their teeth, change into their pyjamas, go to the toilet)

### Prevention Strategies:

- Establish a realistic routine. List what each family member is to do at the required time.
- Think about a quiet activity at the start or the middle of the bedtime routine for 10 to 15 minutes. For example, reading a book together.
- Have dinner at the appropriate time to fit into your routine. You may need to plan meals in advance or prepare some of the meal during the day. For example, peel potatoes and place in water at lunch time
- Start each morning at the same time. Make it early enough to prepare for the days activities.
- Make the bedtime age-appropriate. If you are unsure ask other parents of children of similar age.



**For more information  
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