

# FACT SHEET:

## Category:

Life After ABI

## Parenting

## Audience:

Person with an ABI

For more information  
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ABIOS Manager



# ABIOS

Acquired Brain Injury Outreach Service

## Keeping your Child in Bed

### Introduction

Some children get out of bed regularly most nights. The result of this is they get to sleep late and are tired the next day. Some children wake during the night. Even during the night children need to have some limits.



### How to stop my child getting out of bed

- If your child regularly gets out of bed for no good reason you may need to set some limits.
- Set some rules. Discuss these with your child during the day. For example: "At bedtime I expect you to go to bed and stay in bed. You can have a small drink of water and go to the toilet before bed."
- Put a chair in the doorway of the room facing out of the room for your use after you have put the child to bed.
- Each time the child hops out of bed put them back into bed. Do not talk, do not become emotional. You will need to do this until the child starts to go to sleep on their own in their bed.
- Once the child is doing this you can move your chair gradually away from the door.
- If your child is over 5 or 6 years you may be able to use a behaviour chart. However the problem with this strategy is that you cannot reward the child until the following morning.

### What to do when my child wakes during the night

All children wake periodically during the night. You need to make sure they are safe and not sick. If they are well you can use the following procedure.

- As much as you can, use the no talking and no emotion rule.
- Assume the child may need to go to the bathroom even though they may not be able to tell this to you. You don't need to ask if they want to go, just steer them in the right direction.
- Be gentle and quiet.
- Do not turn on the lights. If you must, you can try using a small nightlight.
- Don't go to the children's room unless you have to.
- Don't let the child sleep with you on a regular basis as this can become a habit that is hard to break.

