

THE AUTISM SLEEP
SOLUTION
4 Steps
TO AN EASY BEDTIME

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4 STEPS TO AN EASY BEDTIME

It's almost bedtime... are you expecting a horror movie soundtrack, screaming children, and frustration? Bedtime for kids with ASD is not always the easiest time of day. But there are four things you can do as a parent to set the stage for a calmer, more successful bedtime routine.

*** Be sure that any sleep difficulties your child has aren't due to a health-related need. Please address any underlying medical needs with your child's pediatrician.

1. SEE YA, SCREENS

Eliminate screen time as much as possible in the hour before bedtime. Replace screen time with your child's other preferred activities, such as reading, art, blocks, Legos, puzzles, coloring, listening to music, or yoga.

2. SET A ROUTINE

Create a 3-5 step routine for bedtime and write it out or use pictures. Younger children can have pictures to move to the "done" column when they finish each step. Older children can use a checklist. Meet your child where they are and start with what you know they can do.

3. REINFORCE WHAT YOU WANT

Reinforce your child for following their routine. Reinforcement is different for everyone – maybe a hug or a "Nicely done!" will do, maybe your child can earn a token or put a sticker on the calendar to earn something bigger. No matter what, be sure to tell your child what they did well!

4. BE CONSISTENT

Implement this consistently. Over time it will become easier for your child, they will do it more quickly, and they won't need as much help.

Bedtime CAN be calmer, easier, and less stressful. By taking charge of bedtime and setting an example for what it can look like, you're able to show your child how to be more independent and you gain some extra time at night. Enjoy!

THIS IS A WHAT TO DO IF YOUR FAMILY IS "STUCK"



My name is Diane Hudson and I work with parents to improve quality of life for themselves and their children with autism. I've worked for years with children with disabilities and am a BCBA (Board Certified Behavior Analyst), helping kids with autism enjoy greater independence, communication, social skills, emotional regulation, and opportunity.

But I saw that there was something missing from the traditional approach to autism. We'd work with children for hours each day and see amazing progress in therapy... only to watch the kids revert to their old patterns the moment their parents arrived to pick them up.

I was frustrated. Even angry- didn't anybody else see what was going on?

So, I left my comfortable corporate therapy job and started helping parents find simple solutions to help them escape the same counterproductive patterns haunting their families and their children.

While there's no "magic potion" to make everything better overnight, it turns out there are plenty of practical steps parents can take to improve everyone's lives. It's just that nobody ever shows them how.

Whether your child is receiving therapy or not, I'd be willing to bet that there are straightforward tools and techniques you can use right now to help your child and your family.

I keep some time available for interested parents to call in and learn more. If you're interested, click the button below and book a time on my calendar. It's free. Talk soon!

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