

Using positive behavior
supports for . . .

Bedtime

Think about your bedtime routine with your kiddos . . .

What is your reaction?

Are you smiling and reminiscing on the sweet times?

Or are you breaking out in a cold sweat of dread for when the sun goes
down and you repeat the bedtime battle again?

Enter the science of behavior!

Let positive behavior supports help to increase the happy, sweet, fun
bedtimes and decrease the stress every evening may bring!



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BEDTIME

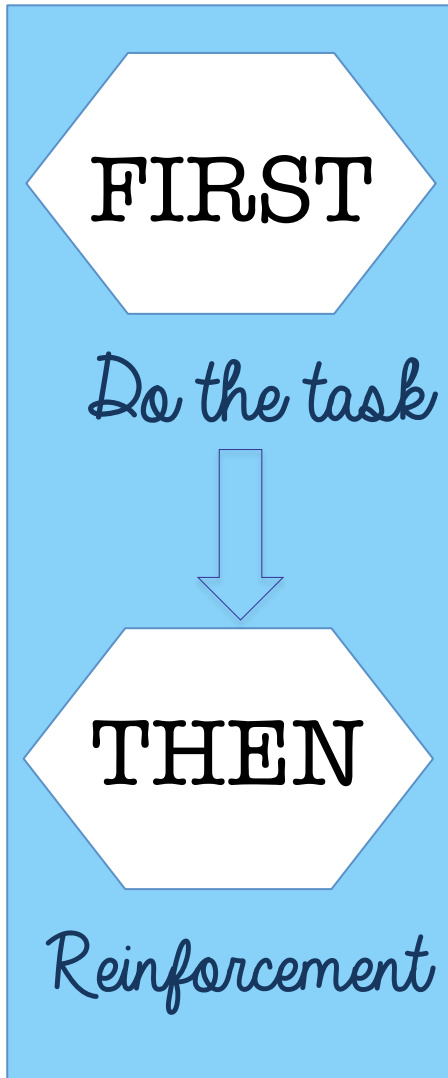
Replacement Behaviors

What desired behavior(s) do you want to increase at bedtime?
What CAN your child do instead of what is happening now?

- ✧ Follow directions with 1 or 2 reminders
- ✧ Follow a routine or schedule with 1 or 2 reminders
- ✧ Ask for something extra only 1 or 2 times
- ✧ Use a quiet/ inside voice
- ✧ Use a big kid voice (not whining)
- ✧ Stay in your bedroom
- ✧ Only come out 1 or 2 times all night
- ✧ Stay in your bedroom until a certain time in the morning
- ✧ Brush your teeth with only 1 reminder
- ✧ Go to the bathroom before bed
- ✧ Keep your underwear dry all night
- ✧ Read or play quietly until you fall asleep
- ✧ Ask nicely for things instead of crying

Positive reinforcement=
something follows a behavior and
increases the future frequency of
that behavior

The Premack Principle



- FIRST brush your teeth and go to the bathroom, THEN I will read you a book.
- FIRST use a quiet voice at bedtime, THEN we can sing a song together.
- FIRST stay in your room until 7am, THEN you can watch a TV show in the morning.
- FIRST keep your underwear dry all night, THEN you can choose a special breakfast food.
- FIRST follow directions at bedtime, THEN choose a toy to take to bed with you.
- FIRST go to bed on time, THEN you can stay up late tomorrow.

1. The FIRST needs to be clear and concise. What CAN your child do right now?
2. The THEN needs to be good! Make it worth it for your kiddo to want to do the FIRST.
3. You MUST follow through.
 1. Only give the THEN when it is earned.
 2. Always give the THEN when it is earned.

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Token Economy

Token economy = reward system or chart

Give your child a token for doing specific behaviors. When they get a set amount of tokens, they can trade them in for something they really want/ an activity/ a privilege, etc.

Tokens can be stickers on a sticker chart, marbles in a marble jar, points on a points sheet, you name it!

Steps to success

1. Clearly define the target behaviors. What CAN your child do to earn rewards at bedtime? Be clear, concise, to the point. Pick the top priority things so the list is short (no more than 3).
2. Give the token for doing these behaviors. Do this as soon after the behaviors as possible. So perhaps some are given at bedtime and some as soon as your child gets up in the morning.
3. Have some good backup reinforcers- the things your kids can 'buy' with their tokens!



My Bedtime Reward Chart				
★	★	★		

Tips:

- Start small so your child can quickly get enough tokens to buy a reward from you.
- If the price is too high, it'll take too long and not seem worth it to your child.
- Let your kid(s) help pick the system and the backup rewards.

Behavior Skills Training

Behavior Skills Training is a teaching technique that has a huge research base, but it's actually super simple.

Follow these four steps. Easy peasy.

4 Steps to BST

1. Teach
2. Model
3. Rehearse
4. Feedback

1. Teach: Just tell them what to do. Clear, concise, to the point.
2. Demonstrate what your child can do at bedtime. Be the kid.
3. Rehearse. Take turns being the mom or the kid. All of you act out all parts until you all get them right.
4. Give specific feedback when doing this at bedtime. Praise, praise, praise!

- ❖ Don't try to sit down and teach and practice bedtime skills AT bedtime. Choose another time of day to review this and role play with your kiddos.
- ❖ Make it fun! During modeling, your kids can be you. During rehearsal, the kids need to practice being the kids. Make it silly and fun- just be sure that they are rehearsing those correct bedtime behaviors!
- ❖ During feedback- tell them exactly what you are happy to see! Use behavior specific praise. "I love how you brushed your teeth with only one reminder!"



What's the reward?

Make it worth their while! What's the reward for following through at bedtime? What do they get for going to bed nicely? Let your kiddos help choose and make it good enough!

The Bedtime Pass

Does your child come out of their room after you've said good night and closed the door? How many times? At what times of night?

If your child is coming out all night long, it's time for a solution for both of you to get more sleep. Time for the Bedtime Pass.

The Pass Itself

- ✧ Much like a hall pass at school. You get one (or a number you choose) pass that allows you to leave after bedtime.
- ✧ Make a physical pass. A piece of colored paper with handwritten "bedtime pass" on it is sufficient. Or make something cutesy from Pinterest. Whatever is in your wheelhouse.

Teach the New System

1. "Getting out of bed all night isn't working for any of us. Tonight we will start a new plan."
2. Let your child help create the pass and choose a special place in their room to keep it.
3. "If you follow the plan, you earn a reward. Want to help me think of an awesome reward for staying in your room?"

The Reward(s)

- ✧ Make the reinforcers (rewards) good.
- ✧ Give levels of reward for number of passes use. Give a BIG reward for not coming out at all and a smaller one for using one or two passes.

Tips & Tricks

- ✧ Set an achievable number of passes. If your kid comes out 7 times, maybe start with more than 1 pass.
- ✧ Give them things to do in their room/bed while awake. You can read these books/ play with these toys quietly if you aren't asleep.

Keys to Success

If you are struggling with bedtime → welcome to the club. You are a real parent. Unfortunately, too many parents of littles are sleep deprived. Using these evidence-based strategies can help alleviate some of that!

- ✓ Choose one strategy and be consistent with it!
 - ✓ You do not need to do all of these presented here at the same time!! Just pick one and stick with it.
- ✓ Be consistent. Whatever method you choose- be CONSISTENT!
 - ✓ Follow through. This means don't give an instruction or a demand you don't intend to see through. This also means don't offer a reward you aren't ready to give right away.
- ✓ Make the reward (the reinforcer) match the amount of effort your child has to put forth. If your bedtime is really really hard right now, a small reward likely won't be enough. If you are attempting to make a BIG change in behavior, offer a BIG reward.
- ✓ Rewards can be activities, privileges, and other free things. Be creative.
- ✓ Involve your children in the planning and preparation of the new system.
- ✓ Let your kids pick their own rewards. Be ready to change out rewards as necessary.
- ✓ Any time you say these strategies aren't working- increase the reinforcement! Make it worth your kids' effort. Give better, bigger, more immediate rewards!
- ✓ Review the target behaviors regularly. What CAN your child do instead of the problems you've been having lately?
- ✓ **Consistency is key!!**

Final thoughts

Bedtime

No matter what strategy you use, consistency is key.

Make sure that the reinforcer you are offering for bedtime behaviors is only available for engaging in the desired behaviors at bedtime. If your child has screen time all day, then you offer screen time as a reward for going to bed nicely- what's the motivation? They can get screen time for free all day! Control the reinforcers and only give them when your child does the desired behavior.

Make the reinforcers good! If bedtime is a big problem, then you need a big reinforcer to help turn things around.

When it comes to bedtime, think about the desired behavior list (on page 2). These are all behaviors that we can see and observe and our children can actively do. You can't make your child sleep. Instead of focusing on the sleep itself, think behaviorally. Stay in bed, stay in your room, things your child CAN do.

Positive behavior supports are intended to increase desired behaviors and teach your children.

If you have a child with severe behavior problems that are impacting your daily life, please find a Board Certified Behavior Analyst to create an individualized Behavior Intervention Plan for you. Contact the Behavior Analyst Certification Board. You can find more information at

www.bacb.com.



Recommended Easy Reads:

1. <https://www.npr.org/sections/health-shots/2015/09/18/441492810/the-bedtime-pass-helps-parents-and-kids-skip-the-sleep-struggles>
2. <http://www.bsci21.org/behavior-skills-training-in-4-steps/>
3. <http://www.parentingwithaba.org/2015/03/03/the-premack-principle/>
4. <http://www.parentingwithaba.org/blog/what-is-positive-reinforcement>
5. <http://www.bsci21.org/isnt-positive-reinforcement-bribery/>

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