



audio file



text



printable graphic

1 Introduction



Course Introduction



Course Worksheet

2 Background Information



Behavioral Sleep Issues



Crying at 2-5 Years



Time for a Big Bed?

3 Tips and Tricks



The Three S Effect



Sleep Props



Using Light



Control at Bedtime



Handling Fears and Legitimate
Requests

4 Bedtime Routine



Bedtime Routine



Bedtime Routine Chart



The Reward System



Bedtime Pass



The Kissing Game

5 Conclusion



How to Put it All Together



Need Additional Help?