4 EASY WAYS TO GET YOUR CHILD TO FALL ASLEEP

Bedtime is here - but your child isn't tired. Here's how to keep them in bed & get them sleepy.

Listen to an Audiobook
Reading bedtime stories is great. But if the light is on, and your child is looking at pictures they might stay awake. After you read a while, turn off the lights and turn on a relaxing audio-book story.

Create a Pre-Sleep Massage Routine
Many kids enjoy a back-massage, gentle arm-tickle, head scratch, or tummy rub. The beauty of these is that you can do them in the dark, and your child will lie still and - hopefully! - get sleepy.

Play Music or White Noise
Kids often lie in bed bored - and their mind starts racing. Give them an audio focal point. The gentle sounds of ocean waves, rainfall or soft music can soothe them without keeping them awake and alert.

Use cuddly bedding
Sheets and pillowcases made of fleece or flannel are warm and soft to the touch. A stuffed animal to cuddle provides security. If your child finds it hard to relax, invest in a child-size weighted blanket. A cozy bed makes falling asleep easier.
5 Things You Need to Know about SLEEP

1. Sleep affects all 24 hours of your child's day.
   Poor sleep causes crying, tantrums and whining. It can affect health and growth. It makes it harder to learn.

2. One in three children wakes up at night.
   Night waking is normal: All humans do it. It takes sleep maturity for kids to fall back to sleep on their own.

3. The first 5 minutes of nap reduce tiredness, but...
   Nodding off gives a boost of energy but fatigue catches up. Your child could be cranky for the rest of the day.

4. Early bedtime means better sleep.
   Kids have a biological pull toward early bedtime: They’ll fall asleep easier, sleep better and wake up happier.

5. A dark room & soft sounds bring better slumber.
   Set your child's biological clock: Dim the lights the hour before bed. Reduce activity. Mask noises and create a strong sleep cue with white noise or soft music.

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6 Steps to Calm Your Anger

1. STOP
   Identify your feelings: Anger!
   Stop talking.
   Just. Stop. Talking.

2. SPACE
   Move away from your child or move your child away from you to a safe place.

3. SOOTHE
   Calm yourself. Do some deep breathing, repeat a relaxing phrase, or say a prayer.
   Read, listen to music, or exercise.

4. SEE
   Replay what happened in your mind's eye. What really happened?
   Analyze the situation objectively.

5. SPECIFY
   Define the exact problem in concrete terms: "The problem is that my child ______, but I want ______."

6. SOLVE
   Decide on a plan of action.
   Create several possible solutions.
   Calmly follow through.

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This is what safe bedsharing looks like.

- Smoke-free room
- Fully sober parent
- Firm bed, smooth sheets
- No spaces or gaps
- No pillows near baby
- Healthy baby
- Baby sleeping on back
- Breastfeeding mother (for infants)
- No swaddling
- No toys
- No heavy blankets
- Mom lying on side, knees up
- Mattress on floor or secure with baby-safe side rails
- Childproofed room
- No pets or siblings

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Better Questions to Ask When Your Child Comes Home from School

How was your day?

- What made you smile today?
- Can you teach me one thing you learned today?
- Did you talk to anyone new?
- What are you looking forward to tomorrow?
10 ways to Get Kids to Cooperate

1. Offer choices
2. Create rules
3. Talk: Eye-to-eye
4. Sing or be silly
5. Tell a story to teach
6. Ask a question
7. Find the real problem
   Tired? Hungry? Sad?
8. Say it: Brief & clear
9. Engage imagination
10. Pick your battles

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5 Ways to Speed up your Dawdler and 4 things that don’t work


2. Provide a list with check-off boxes. Give it to your kid on a clipboard - it’s fun!

3. Check your child’s sleep schedule. A tired child will move at a slower pace.

4. Use 'when/then' statements. When you get in the car then you can have a snack.

5. Focus on priorities. Don’t over-schedule. If your family is 'too busy' your kids will dawdle.

Don’t say 'Hurry up!' Never in history has a child responded to this by hurrying up!

Don’t say it’s time to go if YOU aren’t really and truly ready to go.

Don’t expect more than your child’s usual speed - which is definately less than yours.

Don’t be vague: "Time to go." Be specific: "Put on your coat and shoes & get in the car."
9 Fun Ways to Get Kids to Cooperate

<table>
<thead>
<tr>
<th>Give a crazy choice</th>
<th>Play pretend</th>
<th>Sing a song</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean your room . . . or the basement?</td>
<td>Hop to the car like a bunny or eat like a puppy.</td>
<td>Use an opera voice or model a favorite tune.</td>
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</tbody>
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<tr>
<th>Have a contest</th>
<th>Make something talk</th>
<th>Say it backward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who can put on pajamas the quickest?</td>
<td>The car, shoe, toy or diaper can chat</td>
<td>Don't eat the spinach! It will make you strong!</td>
</tr>
</tbody>
</table>

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<tr>
<th>Tell a story</th>
<th>Be a bit goofy</th>
<th>Act it Out</th>
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</thead>
<tbody>
<tr>
<td>About a cat who went to the dentist or on an airplane.</td>
<td>Put a sock on a hand and a shirt on a foot.</td>
<td>Mime your request - or be Shakespeare.</td>
</tr>
</tbody>
</table>
5 WAYS TO TEACH YOUR KIDS TO BE *Grateful*

**Point out kindness in the world.**
It can be easy to miss the small ways that people show kindness and gratefulness. Has someone been a gracious listener, done a favor, or held a door? Take a minute to point out what you see, and how lovely it is. There are lots of good people in our world.

**Give thank you notes & gifts.**
When someone goes out of their way for your child, encourage them to say thanks - by a text or card, putting it in writing makes it real. If your child is invited to a friend’s for dinner, have them bring flowers for the parent who cooked.

**Say daily grace, prayers or thanks.**
Whether it’s a dinner grace or a bedtime prayer, teach your children to be grateful for the blessings they have in their own lives. They may not even be aware of how many blessings there are until you point them out.

**Volunteer to help others as a family.**
Check out local charities that could use a hand. Your church, pet shelter or retirement home. Give of your time and then discuss the joy and accomplishment you feel when you enrich the lives of others.

**Be a model: Say thanks to your child.**
When your children do their chores properly or finish their homework without a fuss, it's great modeling to tell them how much you appreciate what they've done.
10 Ways to Raise a Happy Kid

1. Listen when they talk
2. Point out their strengths
3. Teach them to care
4. Validate their feelings
5. Encourage their friendships
6. Give ‘do-nothing time’ daily
7. Eat as a family
8. Limit screen-time
9. Let your happiness show
10. Hug & say I love you - often

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Life is made up of moments. One, plus one, plus one. When your children are young, the days last forever and sleep deprivation makes them slightly foggy.

Then, before you know it, they're in school. The days are quiet. The house a bit emptier.

A blink after that, they drive away in a car filled to bursting with a teen’s possessions, heading toward college or wherever their young lives lead them.

You’ll stand in the driveway, as a movie-loop of childhood plays through your head. The tears roll down your cheeks and gasping sobs take over your body, because your movie shows memories filled with happiness and love.

Raising a child starts with a blur that is babyhood. It’s only the beginning. It sets in motion a relationship that will blossom from what you plant today.

~ The No-Cry Sleep Solution
NoCrySolution.com
# Signs Your Baby is Tired

| Activity Signs | ~ Staring off into space  
| ~ Slowing down  
| ~ Becoming quiet |
| Body Signs | ~ Rubbing eyes, ears or hair  
| ~ Droopy jaw, chin or mouth  
| ~ Slumping in their seat |
| Behavior Signs | ~ Being cranky and clingy  
| ~ Having tantrums  
| ~ Hyperactive behavior |
| Play Signs | ~ Less interest in play or people  
| ~ Losing patience with toys  
| ~ Lack of coordination |
| Exhausted Signs | ~ Whimpering, crying, whining  
| ~ Dark circles around eyes  
| ~ Flailing, jerky movements |
| Timing Signs | ~ Has been awake too long:  
| Newborn: 1 to 3 hours  
| 6-month-old: 2 to 3 hours  
| 12-month old: 3 to 5 hours |

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