



BEDTIME PASS

The bedtime pass is a strategy used to support children who repeatedly leave their bedroom after being settled for the night. They may come out to request “one more” drink, hug, snack, or similar.

This approach uses a visual system to show the child how many times they are allowed to leave the room, and for what reasons. The number of passes is then gradually reduced over time, for example, starting with five passes and decreasing to four, three, two, one, and eventually none.

GETTING STARTED



You need to decide (with your child if possible) what the bedtime passes are going to look like. You could make it with your child e.g. a cinema ticket style pass, or it could be an object such as a coin, a Lego brick or a figure. Once the pass is decided, the next step is deciding how many passes you are going to allow.

We recommend starting with the number of passes to match how many times they currently leave the room. If they leave the room 5 times, then make 5 passes. This will help them learn the concept before you start reducing the number of passes available.

SETTING EXPECTATION



You need to have very clear boundaries on what the bedtime pass entails. some examples are below:

Time: 1 pass= 3 minutes outside of the room to do XYZ

Tasks: 1 pass = leaving the room to make sure your Lego car is still in the living room

Drinks/Food: 1 pass= 1 more sip of water

Toileting: 1 pass = 1 more toilet trip.





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GRADUALLY REDUCE

As the child learns the rules and expectations and only leaves the room for the permitted amount of bedtime passes, reduce the passes by 1 until you are eventually left with none! This could take days, it could take a couple of weeks.

MAINTAIN THE SKILL

Once the child or young person is sleeping at a more appropriate time for their age and falling asleep within 15-20 minutes, you need to fix the bedtime and then maintain the good sleep! Anchor the morning wake time so they stay on the sleep schedule and avoid lengthy morning lay ins!

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