



WHAT TO DO WHEN YOUR CHILD KEEPS GETTING OUT OF BED

If your child keeps getting out of bed after you've said goodnight, there are a few strategies you can try. Below is a summary of your options.

Back In Bed

One approach is to calmly return your child to bed every time they get up—again and again. At first, they may get out of bed a lot (sometimes even more than before), but with consistency and clear expectations, this usually reduces over time.

Some children will need you to stay in the room and guide them back to bed, while others can be returned to bed and you leave again.

This method isn't suitable for children who show high levels of resistance or physical behaviours.

Time Based Visiting

Time-based visiting involves returning to check on your child at set intervals—for example, after 1 minute, then 2 minutes, then 3. Each time, you calmly guide them back to bed.

As your child gets used to staying in bed, the intervals gradually increase.

Bedtime Pass

The bedtime pass gives your child a sense of control, which often reduces resistance at bedtime.

You agree on a set number of "passes" (e.g. 3), which allow them to get out of bed for specific reasons. Once the passes are used, they stay in bed.

Start with more passes and gradually reduce them over time until they're no longer needed.