



Time Based Visiting

Time-based visiting is a really helpful approach for children who struggle to settle after you've said goodnight—whether that's calling out for you, getting out of bed, or finding “important” things to do like playing instead of sleeping.

With this method, you return to your child at set time intervals to check in and reassure them. These intervals gradually increase, helping your child learn to stay in bed and feel more confident settling on their own.

When paired with a solid bedtime routine and a well-timed bedtime, it can be a very effective way to reduce bedtime battles and help your child fall asleep more calmly and independently.

Step 1

Choose your timed intervals in advance. If your child is calling out or getting out of bed frequently, start with very short gaps (around 20 seconds). It can help to write out your plan

Step 2

Gently settle your child back into bed, say goodnight, and leave again. Keep it brief, calm, and low-key—think consistent and neutral. You're not making it exciting, but you're not making it negative either.

Step 3

Gradually increase the intervals so your child gets used to staying in bed for longer—and is more likely to fall asleep independently.

Step 4

Once your child is falling asleep within 15–20 minutes at an age-appropriate time, keep bedtime consistent. Anchor the morning wake-up time too, and avoid long lie-ins to maintain good sleep.





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Timed Intervals Checks Example

Day	First visit	Second visit	Third visit	Fourth visit	Fifth visit	Sixth visit	Seventh visit
1	10 s	30 s	1 min	3 min	5 min	10 min	30 min
2	30 s	1 min	3 min	5 min	10 min	30 min	
3	30 s	3 min	5 min	10 min	30 min		
4	1 min	3 min	5 min	10 min	30 min		
5	1 min	5 min	10 min	30 min			
6	5 min	10 min	30 min				
7	5 min	30 min					

