

BEDTIME CHART FOR THE MONTH OF _____

SUN	MON	TUE	WED	THU	FRI	SAT
[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3
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NORMAL BEDTIME IS AT ___:___ PM ON WEEKNIGHTS, ___:___ PM ON WEEKENDS*

0 STRIKES FOR THE NIGHT

3 STRIKES FOR THE NIGHT

<ul style="list-style-type: none"> • Extra 15 minutes <i>later</i> bedtime tomorrow • Privilege 1: _____ • Privilege 2: _____ 	<ul style="list-style-type: none"> • 30 minutes <i>earlier</i> bedtime tomorrow • Restriction 1: _____ • Restriction 2: _____
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1-2 STRIKES FOR THE NIGHT =

Normal bedtime / No extra privileges / No restrictions

To do before bedtime:	Ideas for extra privileges:	Ideas for restrictions:
<ul style="list-style-type: none"> <input type="checkbox"/> Put on pajamas/ night clothes <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get a drink / snack <input type="checkbox"/> Last request <input type="checkbox"/> Set out clothes for next day <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> Special game with mom/dad <input type="checkbox"/> Special snack or treat before bed <input type="checkbox"/> Extra "screen time" <input type="checkbox"/> Extra video game time <input type="checkbox"/> No chore for the day <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> No "screen time" privileges <input type="checkbox"/> No having friends over <input type="checkbox"/> Extra chore for the day <input type="checkbox"/> Restricted TV time (less time) <input type="checkbox"/> No special treats/snacks all day <input type="checkbox"/>

PREPARING TO USE THE BEDTIME CHART:

1. On the calendar, write the dates in the brackets as they apply to the current month then write your child's *normal* bedtime and *weekend* bedtime in the appropriate spaces underneath the calendar.

*Weekend bedtimes can be firmly established or they can be based on parent's discretion (depending on weekend activities and/or other obligations). If weekend bedtimes are at parents' discretion, then be sure to give your child at least a *one-hour* notice before bedtime (to be fair).

2. Decide on *two privileges* your child can earn for bedtimes when "zero strikes" are earned. Also decide on *two restrictions* that will be earned for bedtimes when "three strikes" are earned. Feel free to use the lists at the bottom of the chart for ideas - or come up with your own.

3. Explain this chart to your child and discuss the expectations that you have for him or her. Make it clear that all "wants" and "needs" must be taken care of *before* bedtime is announced. Any "wants" or "needs" that are requested *after* bedtime will result in a strike. Emergencies should not count as strikes, but it's important that you avoid letting your child manipulate this condition.

USING THE BEDTIME CHART:

Each night, as your child's bedtime approaches, remind him or her of the amount of time that is left before he or she must be in bed. Give gentle reminders at about 60 minutes, 30 minutes, 15 minutes, and 5 minutes (or as needed) - a visible timer is quite helpful. Remind your child to complete all necessary "pre-bedtime" tasks *before* bedtime is called.

Prompt your child when it is time to go to bed. From this time forward, there should be no requests or disruptions of any sort, unless there is an emergency (it is up to the parent to determine whether or not a situation constitutes an emergency).

Once bedtime has started, your child will earn strikes for calling out, making requests, coming out of his or her room, or for being disruptive in any other way.

If your child needs to use the bathroom after bedtime, then he or she can come out *without asking* and use the bathroom then return immediately to bed. This will not earn the child a strike unless he or she does something else to warrant one (anything other than going straight to the bathroom and back to bed).

Each time your child earns a strike, place an "X" (or check) in the appropriate space on the calendar. At the end of the night, your child will have earned zero, one, two, or three strikes.

Simply follow through with the conditions of the chart on the next day.

