

Five magic kisses

Children can be anxious about being alone in their bedroom. They will get out of bed to reassure themselves that you are still there.



Five magic kisses is a useful technique to try.

Step 1:

Tell your child that there are five kisses, the last one is magic, and that it lasts all night.

After you are finished with your bedtime routine, put your child into bed and give them their first kiss. Tell them you will be back in a few minutes for their second kiss.

Step 2:

Return to your child and give them kiss number two. Tell them you will be back in a few minutes for kiss number three.

At this point, make the time in-between kisses slightly longer.

Step 3:

Return to your child and give kiss number three.

Increase the amount of time in between kisses by the amount you think your child can manage.

Step 4:

Repeat for kiss number four.

Step 5:

When you return for kiss number five, also leave something that represents the fifth kiss that will last all night, for example, a soft toy.

If your child is asleep by the fifth kiss, you can leave the toy with them and when the child wakes, they will know that you came back and gave them the fifth kiss.

If, during this process, the child gets out of bed to find you, return them to their room and remind them that they do not need to get out of bed as you will be back to kiss them.

It's important to be a boring parent at bedtimes and during the night.

Keep to a quiet voice and low lighting, so the child recognises that it's night-time and not playtime.

At the beginning you may need the five kisses to be close together, so that your child is able to stay in bed long enough to learn that you will come back. As their confidence grows, you will be able to increase the time between kisses.

As with all techniques, you will need to be consistent and do the same thing every night.