



Tips and Tricks for Bedtime

Parents report that their children with ADHD often have problems getting to sleep, which is both a cause of concern and a source of conflict.

Here are a few tips and tricks to make the transition to sleep easier:

- Limit access to video games in the evening.
- Dim light sources, including all screens (computers, TV, tablets), in the evening, especially one hour before bedtime.
- Make personal hygiene a part of the nightly routine (teeth, shower, bath, hair, nails).
- Set aside time for reading, ideally alone with the child.
- Take advantage of this moment as a time to talk about the child's day at school and with friends.
- Take time to quickly review the difficulties that occurred during the day, without forgetting to “sow hope” (e.g., *Tomorrow, you'll see, things will go better. You'll remember to come and see me if your little brother is bothering you instead of yelling at him to get out of your room.*).
- Think of asking your child to remember something positive that happened that day, something that made your child proud or happy.
- Finish by highlighting a quality or good behaviour that day.

And don't forget: A hug never goes amiss!



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