

What should I do when my child will not get up on time?

Establish a specific time for your child to get up each morning. Set an example for your child by getting up on time and help your child get up on time. Wake up your child each morning and do not leave their room until they are out of bed. Reward your child for getting up on time.

Be sure that there is something enjoyable waiting for your child when they get up on time. Have a good breakfast ready and allow them the opportunity to watch cartoons while eating breakfast.

Make sure that your child is going to sleep at an appropriate hour to ensure that they are getting enough sleep. Make sure that your child is not kept awake at night by loud talking or the TV. Do not allow your child to have caffeinated drinks before bedtime that might keep them up late.

Do not allow your child to stay up late on weekends and expect them to easily get back into a routine of going to bed on time and getting up on time. Explain to your child that consequences will be delivered for not getting up on time.

Talk to your child about what is going on in their life to make sure that they are not trying to avoid something unpleasant. Encourage your child to talk with you about any problems they may have causing them to have trouble sleeping.