How can I get my child to sleep in their own bed?

It’s not uncommon for young children to want to sleep in their parents’ bed, however parents often become frustrated with this routine as it causes discomfort and a lack of adult time. Parents are encouraged to address this behavior quickly before their child gets too comfortable with this pattern. In the event that your child has gotten into the habit of doing this, it’s recommended that you put bedroom boundaries into place. Parents will need to explain what’s expected at bedtime and why it’s important for their child to sleep in their own bed. Parents should reiterate this when consistently bringing their child back to their own bed. Children typically want to sleep with their parents in an attempt to feel safe. To address this, parents will need to talk to their child about how why they are not feeling secure in their own bed. This may include problem solving ways to address their feelings about a new sibling or providing them with a flashlight in the event that they awake from a nightmare. Sometimes it’s helpful if parents briefly lay down with their child in their child’s bed so as to acquaint them with feeling safe in their own room. Parents are encouraged to put a bedtime routine into place to assure that enough time is devoted to calming activities before bed. Eventually, children will appreciate nighttime and will realize that their bed is a comfortable place to sleep.