

# Testing Limits/Boundries at Bedtime

30-45 minutes prior to bedtime—Start to avoid stimulating activities (i.e. frolic play, toys with lights/music)



15-20 minutes before bedtime— Perform already established nightly bedtime routine



**BEDTIME**



Parent leaves room and **behavior occurs**: (i.e. crying/ screaming, throwing toys, shaking crib)



**STAY CALM** and **DO NOT** re-enter the room\*

(if you re-enter the room, she learned "if I cry, mommy comes back in")



Behavior Persists

If you "need" to go in to make sure she is okay



Look in the room, be **VERY** quiet and **DO NOT** let her see you

If you can handle the crying



Continue to "ignore" the crying from outside the room



Be consistent—continue to ignore the behavior every night (as long as your baby is not sick or uncomfortable)

\*This flow chart does not apply for children who are sick, uncomfortable (i.e. teething) scared (i.e. night terrors) or for children whose pediatricians have instructed not to allow a child to continue crying for medical reasons.