

# END BEDTIME BATTLES

## WITH RESTORATIVE PARENTING SKILLS



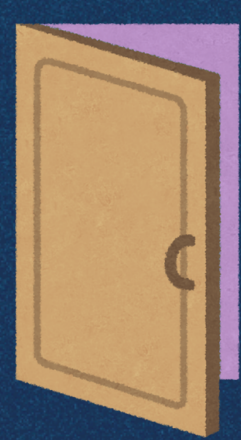
Struggles at bedtime are one of the most common parenting challenges.

Using a restorative approach, you can shift from conflict to connection and end the day with everyone feeling loved and seen.

## BEHAVIOR IS COMMUNICATION

Kids need to feel safe and secure to be able to tackle bedtime alone, which is why it is important to look at bedtime behavior as communication. Their struggle is usually a sign of needs not being met at bedtime or even another part of the day.

## WHAT IS BEHIND THE BEDTIME BATTLE?



### Object Permanence

When you leave, do you exist?



### Scary Thoughts

Imagination gets bigger when alone in the dark.



### Changes and Disruptions

Being out of routine → big emotions



### Lack of Autonomy

Feeling powerless and out of control

## TOOLS FOR A TAME TUCK-IN



### OFFER A CHOICE

Give choices to prevent power struggles.  
Try: "Teeth or jammies first?"

### REGULATE FIRST!

Help your kid calm down *before* trying to solve problems.



### REPAIR AFTER CONFLICT

Try: "I was frustrated and I yelled. I'm sorry. Let's work together."



### KEEP ROUTINE

A consistent routine creates a sense of security for kids.



### SEEK CONNECTION

Find opportunities for connection outside of bedtime.

## REFLECT AND RESPOND

Remember that behavior is communication from your child. When bedtime struggles happen, this is your chance to reflect on what is happening and create your response plan.

### OVERTIRED?



Shift bedtime up by 15 minutes to prevent bedtime adrenaline rushes.



### RUSHED?

Rushing fuels disconnection. Slow down and focus on connection.



### SHORT FUSE?

Struggling with your own emotions? Seek help from a trusted caregiver or partner.

## LEARN MORE

Ready to learn more tools and skills to use with your children to problem solve and build your relationship intentionally? Check out the Conflict Center's Restoring Peace classes!

Restoring Peace – Practical Tools for Parents and Families  
<http://conflictcenter.org/programs-training/parenting/>

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