



TRAINING NETWORK



PARENT RESOURCE

MANAGING BEDTIME ANXIETY



Bedtime anxiety is common in children and can make settling down at night feel overwhelming. With the right support, your child can feel safe, calm and confident at bedtime.



WHAT IS BEDTIME ANXIETY?

Bedtime anxiety is when a child feels worried, scared or distressed at night, making it hard for them to fall asleep or stay in bed.

It can be triggered by:

- ✓ Worries about the dark, bad dreams or being alone
- ✓ Changes in routine or life events
- ✓ Stress or anxiety from the day
- ✓ Fear of missing something or someone
- ✓ Overactive thoughts at night
- ✓ Sensory sensitivities



REMEMBER: Your reassurance and consistency help your child feel safe and secure, even when worries feel BIG.



SIGNS YOUR CHILD MAY BE EXPERIENCING BEDTIME ANXIETY

You may notice your child:

- ✓ Having difficulty settling at bedtime
- ✓ Asking lots of questions or needing constant reassurance
- ✓ Saying they are scared of the dark
- ✓ Needing to sleep with a light on or door open
- ✓ Coming out of their room repeatedly
- ✓ Crying, whining or becoming distressed
- ✓ Complaining of tummy aches or headaches
- ✓ Having nightmares or worrying dreams
- ✓ Trying to delay bedtime with excuses
- ✓ Asking frequently during the night



REMEMBER: Bedtime anxiety is real for your child, but with support, it can get better.

HOW YOU CAN HELP YOUR CHILD



CREATE A CALM ROUTINE

A consistent bedtime routine helps your child know what to expect and feel more secure.



MAKE THE ENVIRONMENT COMFORTING

Dim lights, reduce noise and create a calm, cosy space for sleep.



ACKNOWLEDGE THEIR FEELINGS

Listen to their worries without judgement and reassure them that they are safe and loved.



USE COMFORT STRATEGIES

Comfort items, soft toys, breathing exercises or a special goodnight routine can help.



LIMIT STIMULATION BEFORE BED

Avoid screens and exciting activities at least 1 hour before bedtime.



GIVE REASSURANCE WITH BOUNDARIES

Reassure your child, but keep boundaries consistent to build confidence over time.



WHEN TO SEEK EXTRA HELP

Seek professional support if your child:

- ✓ Is extremely distressed at bedtime most nights
- ✓ Bedtime anxiety is affecting sleep, mood or daily life
- ✓ Has frequent nightmares or night terrors
- ✓ Shows signs of anxiety during the day
- ✓ You feel overwhelmed or unsure how to help

You don't have to manage this alone. Help is available.



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



TRAINING NETWORK



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Helping children and families build
a healthier, happier future.

