

"Excuse Me" Drill

#1

Staying in the room, gradually reduce your presence by standing or tidying up to help your child adjust to lying in bed independently.

#2

Once your child is comfortable, calmly say, 'Excuse me, I need to step out.' Step just beyond the bedroom threshold, and before your child has a chance to cry or misbehave, return to provide physical presence, a gentle touch, and verbal praise.

#3

Gradually step out of the room for brief periods, increasing the duration as the child's anxiety decreases. Initially, time outside the room may be just a few seconds and can gradually extend to a maximum of 15 minutes.

#4

Continue this process until you can leave the room at bedtime without needing to return. Try to time your departure with when your child typically falls asleep.

#5

The ultimate goal is to give your child confidence to fall asleep independently.