

Sleeping Program: Prompt Strategy

Domain: Sleeping Target Skill: In own bed Procedure: prompt strategy	Date	Date	Date	Date	Date
1. Bed-time routine is developed and consistent – with visual schedule if needed					
2. Parent lies in child’s bed with him					
3. Parent sits on child’s bed with him, beside him					
4. Parent sitting on chair beside bed					
5. Parent sitting on chair 2 feet away from bed					
6. Parent sitting on chair 5 feet away from bed					
7. Parent sitting on chair at doorway					
8. Parent sitting on chair outside of room					
9. Parent in own bed					

During administration of Steps 1-8 Parent is to stay at target step until child falls asleep. When child falls asleep, Parent is to go to their own bed. If child wakes up then, or later on in the evening, Parent should continue with target step again until child falls asleep and continue process.