



WHEN SAYING GOODNIGHT IS HARD

20 WAYS TO BRIDGE THE NIGHTTIME DISTANCE WITH CHILDREN

Nighttime represents the biggest separation of the day for a child. There is no one to collect them in their dreams and care for them. The more immature and dependent a child, the more heightened their alarm can be over separation at night, particularly sensitive kids.



If separation is the problem then attachment and providing a sense of connection is the cure. The following suggestions can help bridge the nighttime separation by giving a child a sense that a parent is holding onto them.



Give them a parent's shirt to sleep with



Spray some perfume or cologne in the room to remind them of the parent



Record a parent singing a song to the child



Leave a love letter under their pillow to find in the morning



If a parent can't be there to say goodnight, record a story for the child to listen to



Put pictures of their loved ones in their room and tell the child they will watch over them



Tie invisible strings around your bed posts to attach them together



Make up a story and tell them you will continue it the next day



Fill their pillow with kisses and hugs



When they are asleep kiss their hand or face with lipstick on and show them in the morning.



Tell them you will meet them in their dreams and plan an adventure to have together



Give them your pillow to sleep with to be close to you



Tell them to listen for your sounds, footsteps, or singing as they lie in bed because you are close by



Sew a quilt or small blanket and tell them you put a lot of love into it so they shouldn't run out of it through the night



Leave a book under their pillow when they are sleeping and tell them to bring it to you in the morning to read



Get a special container and have the child put all of wishes in there for the following day



Tell them each morning how you checked on them in the night and tucked them back in or something to indicate you were there



Take a selfie of you and the child when they are asleep and show them in the morning



Take a picture of them while they are sleeping and print it out and leave it on their door



Visit them every 5 to 10 minutes and give them a paper heart that symbolizes your love for them. When they are asleep, put a stack of hearts beside their bed so that they see them in the morning and believe you checked on them throughout the night

