



We are having a hard time getting our son out of bed lately. Are there some ways to do this without wearing ourselves out?



Winter seems to make all of us want to sleep longer. Extra sleepiness can also signal a mild allergy (especially when windows are shut and the heater ductwork is blowing its contents into everyone's sinuses). Here are some ideas.

- Be sure you're ALL going to bed early enough. Explain to your child that when everyone goes to bed earlier, you can all get up earlier. Then you'll be able to spend more time together in the mornings.
- Before your child goes to sleep, let him choose what he wants for breakfast tomorrow. You can also let your child choose a fun activity to do together in the morning. Having a reason to wake up (such as having biscuits or having time to read together) can be a great motivator!
- Plan extra waking-up time into your morning schedule. When you are not harried or hurried, your son will be more cooperative. Provide for extra snuggle time, a morning bath or some quiet playtime to see what helps him wake up cheerfully!