Bedtime Pass

Brief Informational Guide



Some autistic children have difficulties staying in bed. This can be due to many different reasons. One effective tool that can be used is a bedtime pass. A bedtime pass is a card given to the child at bedtime. If the child does not use the card, they can exchange the card for a reward in the morning. The goal is to teach the child to stay in bed.

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How to use the Bedtime Pass

1. Show your child the pass and explain how it works.
2. Involve your child in identifying possible rewards that can be earned by holding onto the pass overnight.
3. At bedtime, give your child the pass. You may need to remind them how it works.
4. If your child gets out of bed, calmly respond to their needs and take the pass.
5. If your child gets out of bed after using the pass, take them back to bed with as little attention as possible.
6. When your child keeps the pass all night, provide a reward and praise first thing in the morning. Possible rewards could include stickers for a sticker chart or checks on a point system that work towards a larger reward.

Possible Pass Ideas

- Personal or generic photographs
- Homemade passes
- Images relating to the child's interests.

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Possible Rewards

- Hugs or kisses
- One extra book at bedtime
- Going to the park/preferred activity
- Small toys - matchbox cars, stamps, stickers, Pop Its

Additional Tips

- Put your child to bed at the same time every night and stick to the nightly routine.

Examples:

The image used for the bedtime pass can be whatever you like. It is important to try and have it be related to bedtime so there is a visual connection to the pass and what it is used for.







NOTES:

If you have questions about the bedtime pass, please talk to your healthcare clinician.