

# Essay on my kid will not go to bed

[Family](#), [Parents](#)



Many parents live with the dreaded sleepless nights when their children seem to have insomnia. This happens when the kids either refuse to go to bed or simply wake up in the middle of the night and start throwing tantrums which give the parents sleepless nights as well. As such, many parents seem to accept the fact that “ my kid will not go to bed.” However, this essay seeks to prove that one way or another, the parents can find ways of dealing with the problem.

According to Sally (para. 3-5), you can make your children go to bed by observing certain provisions. One of them could be laying down ground rules which set specific bedtime for the children. With time, the kids get used to the program and go to bed without having to be pushed. Such a program needs to be reinforced by having a program which enables the kids to put up with it. This can be through the elimination of distracters which can make the kids not want to go to bed. The distracters can include activities such as watching the television or listening to music since these activities keep the kid’s mind active. Other reinforcing activities can include having a regular exercise regime for the kids. This makes them have healthy and well conditioned bodies, making them have no problems with sleeping. Lastly, the parents can stimulate sleeping by checking the lights in the children’s room. Too much light can prevent the child from going to sleep while total darkness might scare the child. As a parent, you should regulate the light to a quantity that stimulates the child to sleep. If the above measures are observed and the child is in perfect health, there is no reason as to why you should be convinced that your kid cannot go to bed. It is just a matter of training the child to do it at the right time.

## **Work Cited**

Sally, A. ' How to Cope with Your Child's Sleepless Nights.' Family Lobby. com, 2008. Web, 15th Oct. 2012, <http://articles.familylobby.com/474-how-to-cope-with-your-childs-sleepless-nights.htm>