

Does your toddler have trouble staying in her own bed at night? Use this fun game to encourage her to stay put until morning.

Print out the game board, and help your child glue the picture of the girl or boy onto a small rock or cardboard square to create a game piece. Place the game piece on the "GO" arrow, and draw a picture — or cut one from a magazine — to represent the reward your child will work toward. Put this picture on the "PRIZE" line. (Suggested rewards: a trip to the park or zoo, going out for ice cream or a small new toy)

On mornings after your child stays in bed all night long, she gets to

move the game piece ahead one space on the board. If she doesn't stay in bed all night, she moves the game piece back one space. When your child reaches the end of the game, she receives her reward.

