

Visit to sweet shop

Try relaxation CDs/App before calling Mum – Mum to only check once whilst awake

Mum to be downstairs and check after 10 minutes

Go to sleep without Mum in the room all night

Mum not in the room at all

Hour 1:1 Time with Mum/Dad etc

Choose desert/Tea

Choose a movie/game to play as a family

Ten minutes later to bed

A new book/app to download

New game/toy/activity

Mum to sit slightly further away in bedroom

Mum to sit outside the door without it open

Mum to be in her room (making noise if needed)

Mum to sit on the stairs

Ultimate Goal

**REWARDS**

**STEPS**