









**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND  
PHYSIOTHERAPY SERVICES**

**Problems with Waking / Getting Up**

DIFFICULTY	IDEAS TO TRY
<p><b><u>Difficult or grumpy to wake</u></b></p> 	<ul style="list-style-type: none"> <li>• Wake gradually</li> </ul>
<p>Use Alarms</p> <p>NB. Only leave a mobile phone in the bedroom if you are sure your child won't use it in the night.</p> <p>Natural alarm clocks are available from John Lewis, and the Internet under natural alarm clocks. <a href="http://www.amazon.co.uk">www.amazon.co.uk</a> <a href="http://www.natural-alarms.com">www.natural-alarms.com</a> <a href="http://www.lumie.com">www.lumie.com</a> <a href="http://www.bodykind.com">www.bodykind.com</a> ; are just a few, shop around prices vary.</p>	<ul style="list-style-type: none"> <li>• Use alarms so that you are not the bad guy</li> <li>• Set the first quieter alarm about 20 -30 minutes before they need to be up</li> <li>• Set the next one about 10 minutes later, choose a slightly louder and more insistent sound then another 10 minutes later.</li> <li>• Many mobile phones have various alarms which can be set starting with Spring sounds then build up to something more insistent</li> <li>• Natural Alarm clocks mimic dawn and/or bird sounds</li> </ul>
<p>Use light (About 10 minutes before they need to get up)</p>	<ul style="list-style-type: none"> <li>• Put a light on or draw the curtains.</li> </ul>
<p>Use Touch and Taste (About 10 minutes before they need to get up)</p>	<ul style="list-style-type: none"> <li>• Take them a cold drink, water or orange or grapefruit fruit if they like it.</li> <li>• Sucking it from a sports bottle or straw will also provide deep pressure to help alert.</li> <li>• Touch them firmly if they can cope with this.</li> </ul>

<p>Washing</p> 	<ul style="list-style-type: none"> <li>• Having a shower in the morning can be alerting</li> <li>• Washing or showering, use citrus, ginger, tea tree or other toiletries with an alerting smell.</li> <li>• Some brands have shower gels that make the skin feel cool and tingly.</li> </ul>
<p>Breakfast</p>	<ul style="list-style-type: none"> <li>• Crunchy textures are more alerting such as toast or crunchy fruit.</li> <li>• Citrus and tangy such as marmalade rather than jam, oranges rather than banana.</li> <li>• Orange or grapefruit juice or cold water are alerting</li> </ul>
<p><b><u>Getting up too early</u></b></p>  	<ul style="list-style-type: none"> <li>• Agree times e.g. before 6am is too early try to go back to sleep,</li> <li>• Provide visual cues and things that will help them settle again.</li> </ul>
 	<ul style="list-style-type: none"> <li>• Before 7 am -can play quietly in your room, provide a box of quiet things such as favourite book, some Lego, dolls or farm animals.</li> <li>• Computers and other similar things may be too tempting to resist even in the middle of the night.</li> </ul>
 	<ul style="list-style-type: none"> <li>• After 7am can go downstairs and play quietly on computer games, TV etc.</li> <li>• Could colour clock red for before and green for after.</li> </ul>

**NAME:**

**DATE:**

<b>Ideas to try</b>	<b>Outcome</b>
1.	
2.	
3.	
4.	
5.	
6	