

My Teen Will Not Get Out of Bed in the Morning!

Some helpful tips to try

- Increase amount of sleep (see 'Tips for Good Sleep' handout)
- Add number of alarms - bedside, cell phone, phone call, gentle nudge
- Move alarm across room to avoid hitting snooze
- Streamline morning routine to make thoughts of getting up less daunting - lay out clothes and pack breakfast and lunch at night
- Make privileges contingent on
 - o Time teen leaves the house
 - o Number of days tardy to 1st-hour class (if you have regular contact with teacher)
 - o Grade in 1st-hour class (assuming tardiness and absences affect learning)
- Allow teens to suffer natural consequences of waking up late
 - o don't drive them to school to make up for lost time
 - o don't write an excuse for the teacher
 - o don't help with last-minute details such as packing lunch or ironing clothes
- Remove privileges if teen leaves house after designated time
 - o Take away cell phone or ipod for the day (to be earned back the next morning when he or she wakes up and leaves on time)
 - o Rescind allowance or permission to go out Friday night if late to school more than one day that week
- Lights, TV, music, or smells of breakfast in other parts of the house can tempt teens out of bed
- Discuss the obstacles to waking up on time and devise a plan together at a calm time when no one is hurrying, angry, or in trouble. It's great for parents to be a helpful part of the planned morning routine. But be careful not to offer support when the plan isn't being followed.