

THE SLEEP AND MEALTIME SUPPORT PLAN

CLIENT:

DATE:

PURPOSE

The Sleep and Mealtime Support Plan is designed for parents who are addressing sleep difficulties, picky eating, or mealtime struggles. This plan provides structured behavioral strategies to promote healthy sleep habits and expand food variety while reducing stress for both the child and family. Parents will learn evidence-based techniques to improve sleep routines, manage food selectivity, and use reinforcement effectively to support progress in these areas.

SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



FAMILY PROFILE

Typical Characteristics of Families Who Need This Plan:

- ☐ Child struggles with falling asleep, staying asleep, or following a bedtime routine.
- ☐ Parents need strategies to make mealtime more successful and reduce stress around eating.
- ☐ Child has a limited diet and refuses to try new foods.
- ☐ Family wants to improve consistency with sleep and mealtime behaviors.
- ☐ Parents are looking for reinforcement strategies to encourage progress in sleep and feeding.

GOAL SETTING

RECOMMENDED AND EXAMPLE GOALS

Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

Expanding Food Variety and Managing Picky Eating

- ☐ Parent will introduce a new food at least three times per week using structured exposure techniques.
- ☐ Parent will reinforce their child for interacting with or tasting a new food in at least 80% of opportunities.

Improving Sleep Routines

- ☐ Parent will establish and follow a consistent bedtime routine for at least two weeks.
- ☐ Parent will reinforce their child for staying in bed or following bedtime expectations at least 80% of opportunities.

Reducing Mealtime and Sleep-Related Behaviors

- ☐ Parent will track and identify patterns in mealtime or bedtime resistance for two weeks.
- ☐ Parent will use a reinforcement system to encourage appropriate behaviors during meals or bedtime.

Encouraging Independence in Sleep and Mealtime Routines

- ☐ Parent will use visual schedules or prompts to support their child in completing sleep or mealtime routines independently in 80% of opportunities.
- ☐ Parent will fade assistance over time to promote self-sufficiency in sleep and eating behaviors.

Customized Goals for This Family: (Write additional or revised goals specific to the family.)

RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

1. Sleep Challenges

Many children struggle with falling asleep, staying asleep, or following a bedtime routine. This lesson provides parents with behavioral strategies to create consistent sleep routines, reduce night wakings, and reinforce positive sleep habits.

2. Feeding Challenges

Picky eating and food refusal can lead to stressful mealtimes. This lesson teaches parents how to introduce new foods, reduce mealtime battles, and use reinforcement effectively to increase food variety and improve eating behaviors.

3. Reinforcement

Reinforcement plays a crucial role in shaping sleep and eating behaviors. This lesson helps parents understand how to reinforce appropriate sleep habits and positive mealtime behaviors to encourage long-term success.

4. Setting Effective Goals

Changes in sleep and eating behaviors take time. This lesson helps parents set realistic, achievable goals, track progress, and adjust their approach based on their child's needs.

5. Responding with Compassion

Sleep and feeding challenges can be frustrating for both parents and children. This lesson provides parents with strategies to stay calm, offer support, and create a low-stress environment while still maintaining consistency.

6. Building a Collaborative Relationship with Your Child

Creating positive interactions around sleep and mealtime can improve compliance and reduce resistance. This lesson teaches parents how to engage with their child in a way that fosters trust and cooperation during these routines.

RECOMMENDED LESSONS

7. Troubleshooting ABA Strategies

Not all strategies work immediately, and parents may face setbacks when implementing sleep or feeding interventions. This lesson provides guidance on adjusting techniques, identifying barriers, and refining approaches to improve outcomes.

Additional Lessons to Include (if applicable): (Add or adjust lessons to match family needs.)

Engagement Tips

Create Predictable and Enjoyable Routines

Children thrive on consistency, especially when it comes to sleep and meals. Encourage parents to establish structured routines that include calm, predictable steps before bedtime and enjoyable, stress-free mealtimes to reduce resistance and anxiety.

Reduce Pressure During Meals and Bedtime

When children feel pressured to fall asleep or try new foods, they may resist even more. Encourage parents to keep interactions light and supportive, avoiding battles over eating or sleeping while still maintaining clear expectations.

Reinforce Positive Sleep and Eating Behaviors

Behavior change takes time, and reinforcement plays a key role. Parents should praise and reward small successes, whether it's staying in bed all night or taking a bite of a new food, to build motivation and reinforce progress.

Use Visual Supports for Clear Expectations

Many children benefit from visual schedules, bedtime charts, or mealtime routine guides to help them understand what's expected. Encourage parents to use pictures, timers, or step-by-step instructions to support transitions and promote independence.

Stay Patient and Adjust Strategies Over Time

Changing sleep and eating habits doesn't happen overnight. Help parents understand that progress may be slow, and some setbacks are normal. Encourage them to stay patient, be flexible, and adjust strategies as needed to find what works best for their child.

Family-Specific Engagement Notes: (Write strategies for engaging this family, considering their strengths and concerns.)



COMMON OBJECTIONS AND SOLUTIONS

Step 1: Identify Objections (Check or write in objections that apply to the family.)

<input type="checkbox"/>	"We've already tried everything."	<input type="checkbox"/>	_____
<input type="checkbox"/>	"Every day is just too chaotic."	<input type="checkbox"/>	_____
<input type="checkbox"/>	"Changing routines feels impossible."	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Step 2: Write Solutions (Document strategies to address the identified objections.)

[illegible]

PROGRESS TRACKER

Parent Goals: (Outline specific goals for parents based on the lessons and their needs.)

☐ _____

☐ _____

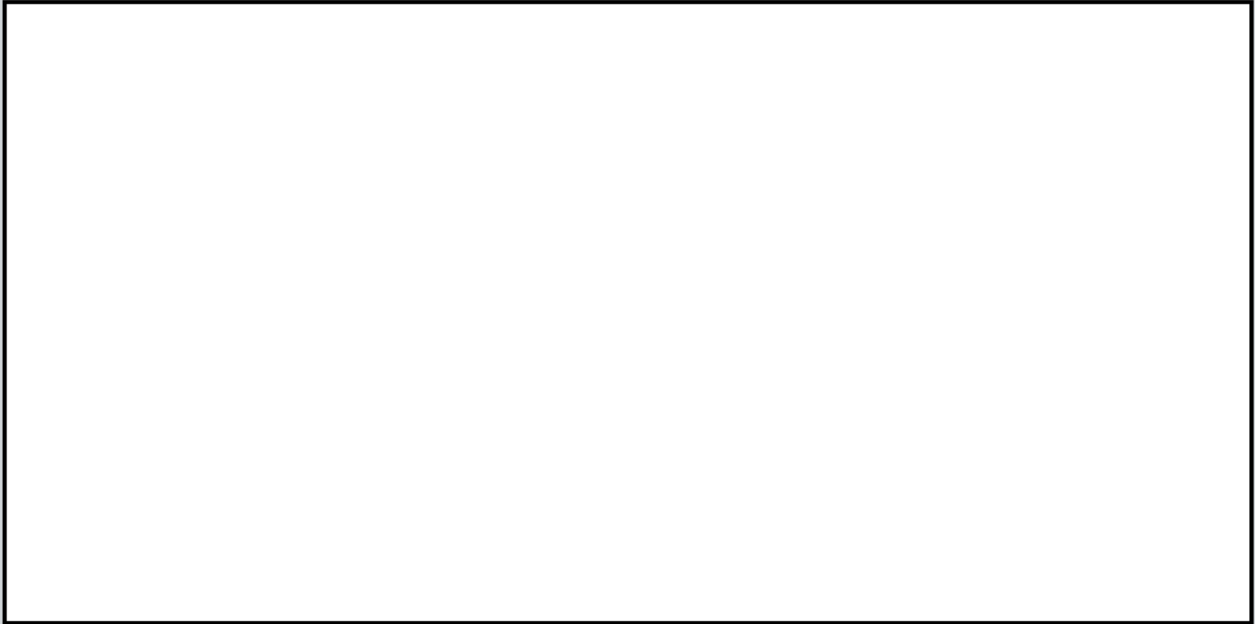
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Weekly Progress Notes:(Record observations and data to track parent engagement and skill implementation.)

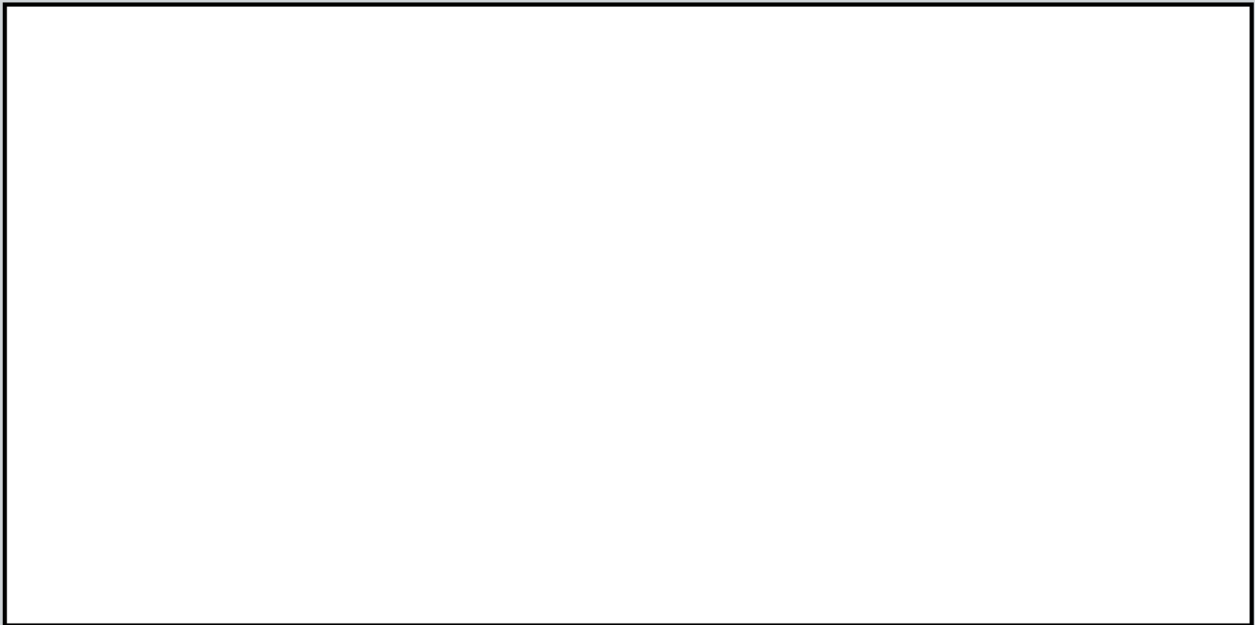
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

Reflection Log

What went well this week?

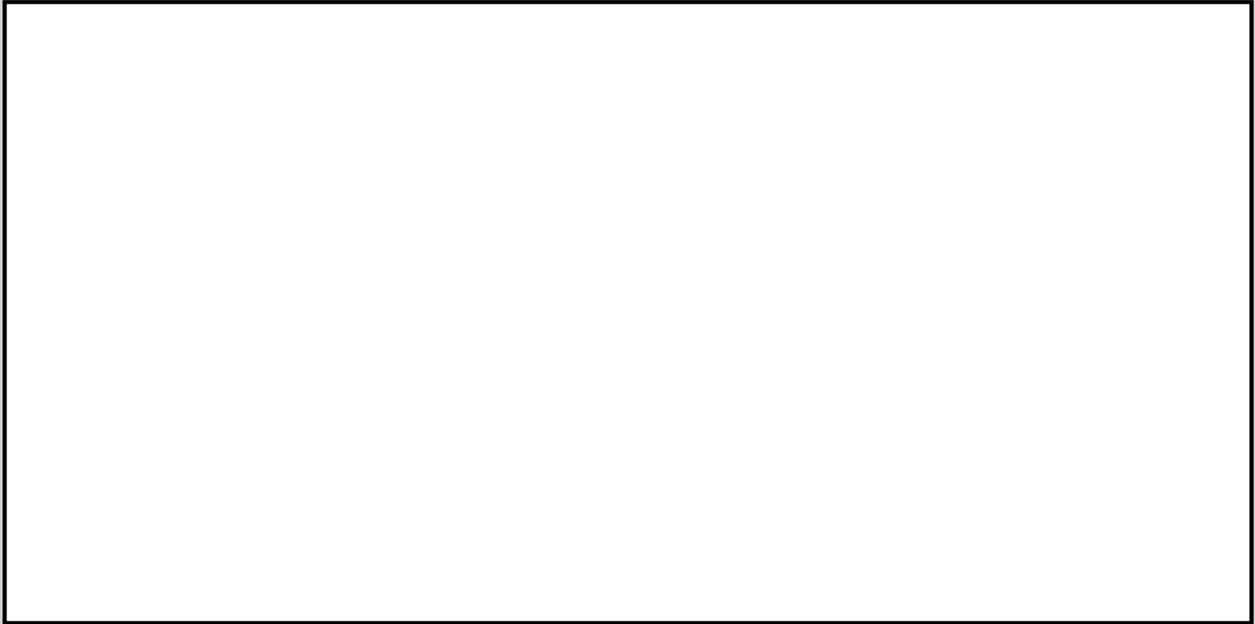
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What challenges did you face?

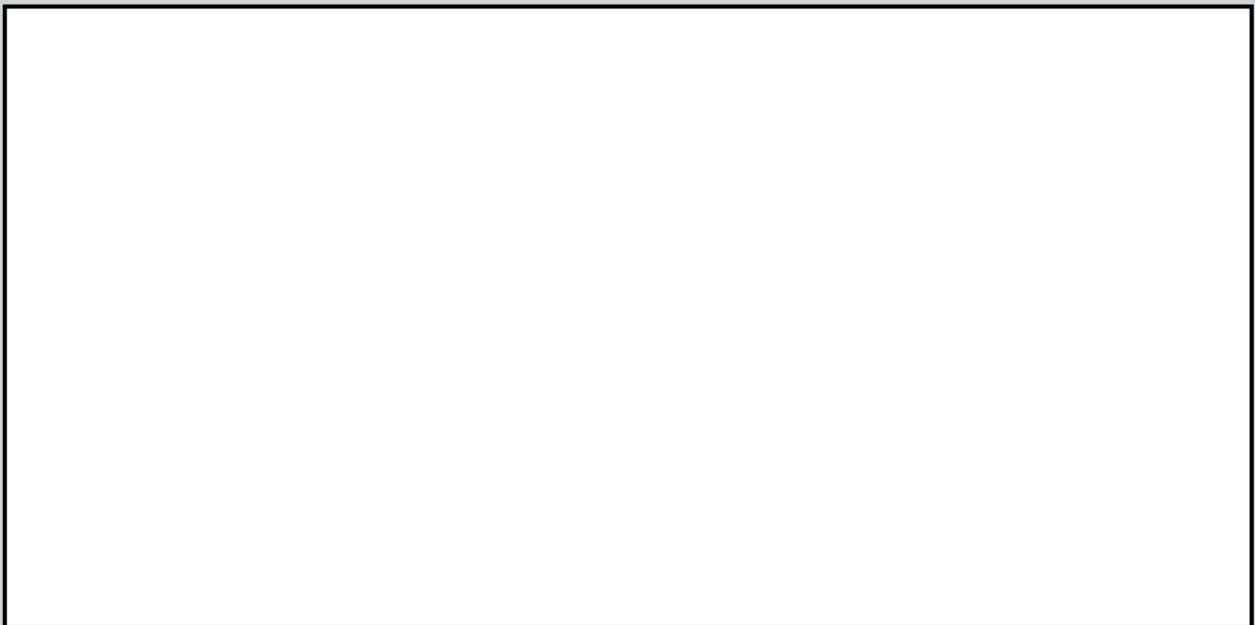
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Reflection Log

What adjustments need to be made?

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Additional Notes

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