

44 Helping Your Child with Sleep Problems

Decisional Balance Sheet

Good Things <i>about my child's sleep problem</i>		Not-so-good Things <i>about my child's sleep problem</i>	
<i>It's sometimes nice to have my child sleep in my bed – especially at weekends.</i>	2	<i>My sleep is always broken – I just want to be able to sleep through again!</i>	5
Good Total		Not-So-Good Total	

Adapted from Miller & Rollnick (2012).