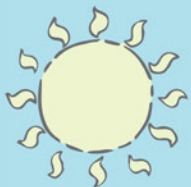
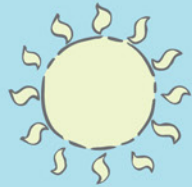


groclock™ reward chart

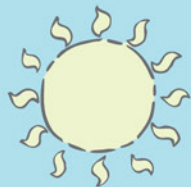
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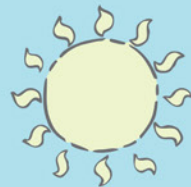
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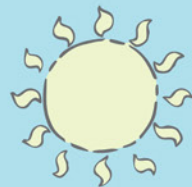
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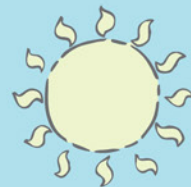
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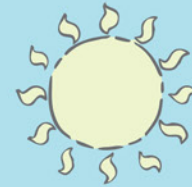
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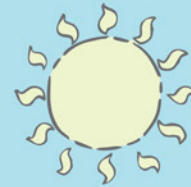
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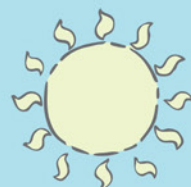
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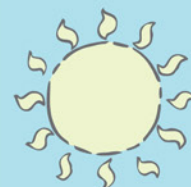
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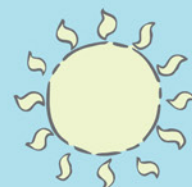
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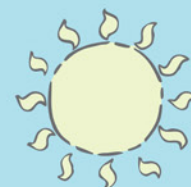
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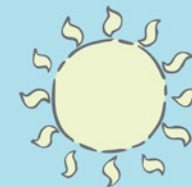
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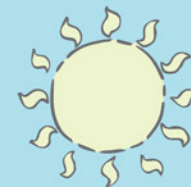
DAY 12



DAY 13



DAY 14



Award a sticker for every morning your toddler stays in bed until the sun comes up! If you don't have stickers, you can draw a smiley face on the sun.



Top tips!

Make it magic

The more children are engaged in the 'magic' of the Gro-clock the more likely they are to respond positively to it. So make it a performance! Read the story, say goodnight to the sun, whisper when the star is asleep, if your child stays in bed until the sun comes up, shower them with praise and show them you are as excited as they are!

Have an early win

On the first night, set the clock for the time they usually wake up, even if it is 5am! This way your child will wake up and see the sun come out, and create a positive association with their clock. Remember to give lots of praise!

Slow and steady wins the race

Gradually increase the time on the clock by 5 or 10 minutes at a time, to encourage your child to stay in bed until the sun comes out. If you progress gradually you will allow your child to adjust to their new wake up time.

Be consistent

This is key! If your child wakes in the middle of the night, be calm and pop them back to bed, tell them it is sleep time now, and that they have to wait for the sun to come up.

"I suggest a small treat for every 3 stickers earned, and a bigger treat for 5 stickers."

Lisa

"In the first few days your toddler may try to test you, be consistent with the Gro-clock and they will get the idea quickly."

Lisa

"The key is reward and lots of praise for waiting until the sun comes up! The reward treat can be something as simple as buying a magazine that they enjoy looking at or a trip to the park/swimming etc."

Lisa

created with advice and expertise from:

Lisa Clegg

mum of 3, maternity nurse and author of *The Blissful Baby Expert*, and the *Blissful Toddler Expert*

