

Sleep time Hypnosis for Children I am **excited** to share a great way to assist your child to be **happy** and make positive changes and get their brain to unwind and **prepare for sleep**. To do this is really simple. At bed or sleep time, simply read the following to your child. You may choose to place some relaxing background music for children. Kids have wonderful **imagination**s and once they know they can relax by using their imagination they have an **exceptional tool** that can help them through any part of their life.

So what are the Tips? Children are **easier** to hypnotise as their brains already spend a lot of time in theta state which is the state that your brain goes into when you are hypnotised. This is also why they learn easily in general, as this brain state is where the subconscious mind is at its **optimal** level for accepting **new information**.

Children may not tend to keep their eyes closed and they may **fidget** and move a lot and be very **animated**. This does not mean that they are not hypnotised. Do not insist or demand that they stay still but **gently** remind them to. When the child squirms or comments it is because they are absorbed in the process...go with it...this is **good**.

Getting Started Ask the child to stare at a spot on the wall or at something interesting. Older children can decide to go on a journey (i.e. Disneyland, float on a cloud, etc). Let them choose.

Some children don't know what **relaxation** means, but they do know what **sleep** is. They also understand the idea of **heavy** arms and legs. You can use a teddy bear and pick up their arms and legs and drop them to show what it means to have their limb relaxed.

The following is great for young children prior to sleep at night, or before a nap. Have the child in bed in a comfortable sleep position first.

Note: **Don't** read the parts in **blue** they are for you.

Read using a soothing voice.

Good night, Sleep tight

With your eyes, look at a spot on the wall or ceiling...whatever you want really. I am going to count backward from 5 to 1. And anytime before I get to one, just close your eyes. 5, 4, 3, 2, 1.

Now you have your eyes closed just take a deep breath and feel yourself really relaxing.

Now I want you to use that amazing brain of yours and remember what it feels like to go to sleep. Can you remember that feeling of going to sleep?

Wait for response.

Yes, that's right. And it feels very good to drift off to sleep, doesn't it? And your body really likes to go to sleep because it feels so good.

Now I want you to think about your toes. Your toes can go to sleep. Your toes know how to go to sleep. Let them go to sleep now and tell me when your toes have gone to sleep.

It is very normal for the child to giggle and squirm, this is perfectly ok. Most children will tell you the body part is asleep within one to two minutes. They may tell you by speaking, mumbling or nodding their head. Continue saying the above 'toes are asleep'. Sometimes it is helpful to associate a colour or cloud to that feeling.

Good.

Now let your feet go to sleep and let me know when your feet have gone to sleep.

I often touch the body part, and sometimes pick it up and gently shake it and then let it drop into the bed. Wait for the response that the feet are asleep.

Very good. You are doing so well!

Now let me know when your calves/lower part of your legs are asleep.

Your child might prefer to do one side of the body first and then another. Some children can do both legs/arms at the same time.

Now let your upper legs go to sleep. Sleepy, sleepy legs. Let me know when your upper legs are asleep.

Wait for response.

Now your whole legs are asleep. Very sleepy legs. Nice and heavy. Just sinking into the bed now. Now let your bottom go to sleep. Sleepy, sleepy. Let me know when your bottom has gone to sleep.

Wait for response.

And now your tummy...sleepy, sleepy tummy.

Yawn to encourage your child to feel sleepy.

Take your time and let me know when your tummy has gone to sleep.

Wait for response.

Now your chest. Let your chest go to sleep. Sleepy, sleepy chest. Very comfortable. Breathing easy. Let me know when your chest has gone to sleep.

Wait for response.

Now let your shoulders go to sleep. Heavy, sleepy shoulders. Let me know when your shoulders have gone to sleep.

Wait for response.

And now your arms. Now let your arms, all the way down to your hands and fingers go very deeply asleep. Sleepy, sleepy arms. Let me know when your arms are asleep.

Wait for response and pick up a wrist and gently shake the arm.

See how heavy and sleepy your arm is now? You are doing so very, very, well.

And now your neck. The neck needs to have a very nice sleep now. Sleepy, sleepy neck. Tell your neck to go to sleep and when it is asleep, let me know.

Wait for response.

And your head. Your face...your cheeks...your forehead...your eyebrows...your mouth and jaw. Your mouth has been busy all day and now needs a nice rest, so let your mouth go to sleep and as it gets sleepier and sleepier it slows right down...right down, so tell your mouth it is time to sleep now. Do that in your mind now.

And your eyes. Sleepy, sleepy eyes.

Yawn for effect.

Heavy, sleepy eyes. When they are very sleepy they can't even open...just let them get heavy and sleepy now.

Even though you have asked them to close their eyes at the beginning they may have opened so, repeat until the eyes close – if they are slow to close, tell the child directly to close the eyes... just close your eyes now.

And your ears. Sleepy, sleepy ears. But you can still hear my voice as your ears get sleepier as your whole body gets so, so sleepy now...so...so sleepy. As you get sleepier now you have lovely dreams...sweet dreams in your head...you can tell yourself in your mind "I have happy dreams...I have happy dreams...I have happy dreams..."

You would probably expect that the child will be still by now, however some children will still be very animated at this stage and that is ok. You should find however, that they will drift off to sleep much more quickly.

What next? At this point you can make suggestions that can be beneficial to your child. These suggestions should be spoken while the child is sleeping or just drifting off to sleep. The following suggestions should be read just as they are, as they have been carefully designed for maximum effectiveness. Or you can make up your own to suit your child. Speak in a whisper, loudly enough to be heard, but softly enough to allow the child to continue sleeping. Suggestions can be given every night if desired and then, once or twice a week whenever needed.

Here are the examples:

- You have a dry pull-up / bed in the morning (only use for bedwetting).
- You have pleasant, enjoyable dreams each night.
- You are a wonderful person.
- I (we) love you very, very much.
- You are loved and respected.
- You continue to feel more and more self-confident each day.
- You are a very good friend.
- You make friends easily because people naturally like you.
- You are healthy and happy.
- You are very intelligent.
- You are very loving and kind to yourself and to others.
- You are wonderful.
- It's easy for people to like you.
- You learn school subjects very easily and enjoy learning what your teacher teaches you.
- You enjoy school more each day.
- You feel very self confident about yourself
- You love yourself and respect yourself so you take good care of yourself
- I (we) love you more and more each day.
- You are a wonderful person.
- You are a wonderful and loving person.
- It's easy for you to learn and remember good things.
- You are healthy and happy.
- You have pleasant, enjoyable dreams each night.

The child may be asleep at this point or should have wound down and be much more ready for sleep. If your child likes patting or cuddles then this can be beneficial at this point to create a lovely anchor for these feelings of relaxation and wellbeing.

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