Problem Solving

Robert doesn’t want to have a bedtime. He compares himself to his friend Richard who can stay up as late as he wants to. He argues with his father. Do you think Robert’s father should allow him to stay up later? Is Robert old enough to make these decisions by himself?

Discuss in a group the answers to these questions.

You tell your child to be ready for bed by 9:00. He or she ignores you and continues playing. Are you angry? What do you say? What do you do?

More questions for discussion:

1. Does your child have a bedtime? If so, what time is it?
2. Do you think a bedtime is important? Why or why not?
3. Did you have a bedtime when you were a child? Are bedtimes for children a custom in your country?
4. How many hours of sleep do you think a ten-year-old child needs each night?
5. Do you notice a difference in your child when he or she hasn’t had enough sleep? If so, what do you notice?

Examples:

1. My child is tired in the morning.
2. My child is in a bad mood.
3. My child doesn’t want to go to school.
4. My child doesn’t want to eat.
5. My child ____________________________.
6. My child ____________________________.