BLUE MEADOW DIGITAL



Goodnight, For Real

Words for the moments that keep bedtime going.

27 parent scripts and a 14-night practice plan

For families with children aged 2 to 4

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Educational draft. Independent professional review pending.

Choose one difficult moment.

Before the routine

Pick a situation from pages 8-16. Read its suggested response and its action note. Change the words to sound like you. Tell your partner which response you intend to use.

During the moment

First check what your child needs. Offer the help or reassurance the situation calls for. Use a short sentence, then pause. A distressed child may need comfort before they can take in more words.

After bedtime

Write one observation. For example, record which request came up or which part felt confusing. You are collecting useful information, rather than scoring your child.

Tonight's choice

The repeated situation: _____

My response: _____

The practical help I can offer: _____

The scripts and sequence are original examples for family use. They have not been tested as a treatment or reviewed by a clinician.

More requests

01 One more story

"You want another story. We finished our books for tonight. You can choose tomorrow's book now."

Keep tomorrow's choice brief. Show where the book will wait; skip the choice if it restarts an argument.

02 Another drink

"You need a drink. Here is your water. Then we will get comfortable again."

Meet thirst. If drinking or urination seems unusually frequent, discuss it with your child's clinician.

03 I need the toilet

"Let's go to the toilet. I will help you, then we will come back to bed."

Take the request seriously. Keep the trip calm, without adding play or punishing an accident.