My Bedtime Comfort Menu

Make a flexible menu of familiar wind-down choices.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Keep choices predictable and realistic. If sleep problems are persistent or severe, discuss them with your child’s healthcare professional.

THREE SMALL STEPS

1. Choose one familiar bedtime comfort. 2. Draw what makes your room feel welcoming. 3. Ask a grown-up about one small routine you can try.

WORDS TO TRY

Say something like: “At bedtime, it helps when...” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Do not promise that a worksheet will prevent nightmares or resolve sleep difficulties.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

My Bedtime Comfort Menu

This page is yours. You can change it, skip it, or make it your own.

1 Choose one familiar bedtime comfort.

2 Draw what makes your room feel welcoming.

3 Ask a grown-up about one small routine you can try.

MY DRAWING OR NOTES

You may want to choose:

[ ] A favorite story

[ ] A familiar toy

[ ] A gentle light

[ ] A quiet song