

The real reason bedtime blows up

Bright Steps · I Do / We Do / You Do worksheet

It's not about the bed

It's exhaustion + leftover feelings + fear of being alone. All three.

Slow down, don't add

Same steps. Half speed. Say out loud: "We have lots of time."

Let them lead the last 3 steps

Choice = control = less fight.

Track it this week

Night	Bedtime start	Asleep at	Easier than last night?	Notes