

The 30-minute wind-down

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

Min 0–10

Bright lights OFF. Lamps only. No screens (audiobooks OK).

Min 10–20

Bath, jammies, teeth. Quiet voice. Same order every night.

Min 20–30

In bed with you. Read, talk softly, or just be.

Track it this week

Night	Lights down at	In-bed at	Asleep at	Gap (min)

Bright Steps provides parent support and educational planning tools only and does not replace professional educational or legal advice.