

When they won't stay in bed

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

The script

Time 1: "Bedtime. Back to bed. I love you." Time 2: "Bed." Time 3+: Say nothing. Walk them back.

Boring on purpose

No eye contact. No hug. No talk. Boring exit = shorter loop.

Expect a spike on night 2

It will get WORSE before it gets better. That's the sign it's working.

Track it this week

Night	# of trips out of bed	Did I stay boring?	Total awake time

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