

The 7-day nightly routine

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

Three Question Check-in (at bedtime)

1. What was the best part of today? 2. What was the hardest part? 3. What do you want me to know?

Don't fix. Just nod.

Your only line: "Thank you for telling me."

If they won't answer

You answer for both of you, out loud. They're listening. It still works.

Track it this week

Night	Did the check-in?	Their best	Their hardest	Meltdown size today (1–5)

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