

FINN'S BEDTIME PASS

Your bedtime passes

One pass is one trip out of bed after the story. When it is used, it is used until tomorrow. Finn keeps the lantern on in the hall.



BEDTIME PASS

For _____

Good for **one trip out of bed**:
a hug, a sip, or a question.

★

Then: Night night, see you in the morning.



BEDTIME PASS

For _____

Good for **one trip out of bed**:
a hug, a sip, or a question.

★

Then: Night night, see you in the morning.

I stayed in bed

Colour a star each morning after a night in your own bed. The passes count. The pass that was never used counts double.

MON ○ TUE ○ WED ○ THU ○ FRI ○ SAT ○ SUN ○

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Stories that stay with you.

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Finn says your child's name at bedtime. Free in the app.
Scan to hear it.



FOR THE GROWN-UPS

The pass, and the words for after goodnight

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Stories that stay with you.

What every pediatric body says to do when a child gets out of bed, in its own words, what it looked like for the families who did it, and the words nobody gives you: what to say after the pass is spent. Whoever comes says the same line, the same way.

Before lights out, tick three

- ☐ **Water** within reach.
- ☐ **Potty**, the last bright thing.
- ☐ **The comfort object** in the bed.

Then say the number of books before the first one. The American Academy of Pediatrics: "Take care of child's needs before bedtime so they don't use them as reasons to avoid going to sleep." The last line of the routine: "stay in bed until I come for you."

The walk-back, in the AAP's words

"If they get out of bed, calmly and quietly lead them back and tell them they must stay in bed." Keep it "brief and boring." No eye contact, no new words. The same line every time:

"Night night, see you in the morning."

What to expect: the first nights can be 20 to 100 trips back. The parents who kept it boring were done by night four to seven. Praise comes "in the morning for having stayed in bed all night."

When the pass is spent

Do the trip, under three minutes, then:

"You used your pass. It's bedtime now. Night night, see you in the morning."

Any trip after that gets the silent walk-back. Hold out a hand for the pass, say nothing new. The pass is for a child of about 3 and up who can already fall asleep alone. Under 3, the tool is the walk-back, not the pass.

If a grown-up lies down until sleep

No study says it harms a child. It does mean they may want you again at 2 am. Nobody has to stop tonight. The pass can sit beside you in a chair that moves a little farther from the bed each night, in Zero to Three's words: "Each night, move your chair further from her bed until you are completely out of the room." Never stop suddenly.

The morning

The American Academy of Pediatrics: "praise them in the morning for having stayed in bed all night." The star is the reward, not a thing. In the family accounts, sweets and sticker charts wore off within a week; the morning words did not. Say it at breakfast: we are always excited to see you.

Two grown-ups, one line

- ☐ Whoever comes says the same line, the same way. Children notice the gap at once.
- ☐ The same number of books from both of you, said before the first one.
- ☐ Agree it when nobody is tired, not at the door at 8:40.

What's behind this: the American Academy of Pediatrics (Big Kid Beds; Bedtime Trouble), the NHS, Zero to Three, the Canadian Paediatric Society, the bedtime pass studies of Friman (1999), Freeman (2006) and Moore (2007), and parents' own accounts. The full guide is at fablefleet.com/bedtime-pass.

Watch your child's face when Finn says their name at bedtime.

Our free routine with their name in it: the teeth song, the lines you say together, a story in the dark. **Scan to hear it.**



fablefleet.com/bedtime

Free bedtime routine in the app