

FINN'S NIGHT CHECK

Tonight I look after my cuddle buddy.

My cuddle buddy gets a little scared in the dark too. So before lights out, I check three things for my cuddle buddy.

The night light is on

Low and cosy. ☐

The door is just right

We can call if we need you. ☐

My buddy is tucked in

Right next to me, all night. ☐

THEN I TELL MY CUDDLE BUDDY

“It’s OK, you’re safe, I’m here.”

And my grown-up says it to me.

IN THE MORNING

Last night my cuddle buddy and I were brave. I _____

_____

A grown-up writes it in. Small things count: I stayed in my bed. I went back to sleep. I said our line.

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

FOR THE GROWN-UPS

Bad dream or night terror, and the night check

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Being scared at night is normal, and most children go through it. When they wake up crying, it helps to know which kind of night it is. On the card, your child looks after the comfort object: the light, the door, and the line, said to it first.

When they wake up crying

	A bad dream	A night terror
WHEN	In the second half of the night.	Early in the night, about 2 to 3 hours after they fall asleep.
WHAT YOU SEE	They're awake, scared, and they know you. They want you.	Eyes open, screaming or thrashing, and they **don't seem to know you**. Comforting doesn't reach them.
WHAT TO DO	**Go quickly.** Light on if they want it. Keep it short: "You had a bad dream, but now you're awake and everything is OK."	**Don't wake them.** Stay close, keep them safe, let it pass. The NHS: they "may get more upset if you try to comfort them."
AFTER	Talk about it in the daylight if they want to.	It passes in minutes and they won't remember it, so don't bring it up. Same time every night? Wake them gently 15 minutes before, for two weeks.

Why the comfort object gets the job

In one study, scared preschoolers were given a toy puppy to look after at night, because the puppy was scared too. Their own night fears dropped, and so did their sleep problems.

So on the card, your child does the checks for it and says the line to it. Being the brave one is the point.

The light and the door

- ☐ **A dim night light is fine.** The American Academy of Sleep Medicine: "Plug in a dim nightlight so your child's bedroom feels safe."
- ☐ **The door the way they like it,** open or a crack, as long as it isn't an invitation to get up.

The line, every night

"It's OK, you're safe, I'm here."

KidsHealth's words for a scared little one, or your own. Your child says it first, then you say it back. The same words every night.

Call the doctor if

- ☐ Bad dreams or night terrors come **more than once a week**.
- ☐ A night terror lasts **over 30 minutes**.
- ☐ The fear stops them **sleeping alone** or going to school.

What's behind this: the American Academy of Pediatrics, KidsHealth (Nemours), the NHS, the Cleveland Clinic, the American Academy of Sleep Medicine, the Canadian Paediatric Society, the Huggy Puppy study (Kushnir and Sadeh, 2012), and parents' own accounts. The full guide is at fablefleet.com/night-check.

Watch your child's face when the kid who is fine until lights out is them.

A story with their name in it: the bag checked twice, the wobble at lights out, the words from home. **Scan to see the story.**



fablefleet.com/stories/first-sleepover

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