Going to Sleep



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Proud Moments ABA

A Note for Grown-Ups

This book is designed to support gentle, low-pressure conversations about sleep and bedtime routines with your child.

For many children, falling asleep and staying asleep is not automatic. It is a skill that develops over time. While bedtime may seem simple, it can feel complex for a child who's still learning how to slow down and settle.

A busy body, wandering thoughts, and the feeling of missing a parent are all very real parts of the experience. Learning to calm the body and mind is something that takes practice, patience, and support.

This story introduces those moments in a way that feels safe, predictable, and comforting. It gives children language for what they may be feeling and models a calming process they can begin to understand.

As you read together, try not to rush sleep, Instead, create a steady, nurturing environment. Talking about bedtime in a calm and reassuring way helps build trust and reduces anxiety around the process.

It can also be helpful to begin bedtime routines when your child is visibly tired, as this increases the likelihood that their body is ready to rest.

Progress with sleep often happens gradually, and that is expected. Consistency, patience, and a calm presence will support your child far more than pressure or urgency.

The goal is not perfect sleep right away. The goal is helping your child feel safe, regulated, and confident enough to rest.



When I get into bed at the end of my day,
I snuggle in close and pull covers my way.
The lights are turned low, the room feels just right,
But sometimes I miss Mom and Dad in the night.



I think about getting up, finding them near,
I wish they were closer – right here, right here.
My body feels busy, it wants to wiggle,
It's hard to be quiet, it's hard not to swivel.




My mind starts to wander to things I will do,
Tomorrow has plans and adventures, too.
So many thoughts, they buzz in my head,
And make it feel tricky to stay in my bed.

But I know something special that helps me feel free,

My favorite number in the world, the great number three.



I think of three animals, strong and grand,

Lions and tigers and elephants on land.



I think of three colors, bright as can be,

Red and blue and green are for me.



I think of three things that I like to draw,

Rainbows and suns and flowers I saw.



I think of three foods that I love to eat,

Pretzels and pizza and apples so sweet.



I think of three songs that I like to sing,

And then I keep thinking of other three things.



My body feels quieter, it calms and slows,

My eyes feel heavy, they start to close.



The wiggles are gone, the thoughts drift away,

My body is ready to rest and to stay.



I don't need to get up, I don't need to roam,
My bed is so cozy, my room is my home.



I take one deep breath... then two... then three...

And sleep comes so gently and so calm to me.



Bears are Sleep Experts!

Trace the path to help the bear follow his bedtime routine.







1. Turn the lights off.



2. Pull the covers back.



3. Get in bed.



4. Say good night to Mom.



5. Close your eyes and get ready to sleep.

Bedtime I Spy!

Can you find all the cozy things in the bedroom?



Find each item below in the picture above



Teddy Bear ☐



Rocket Picture ☐



Star Rug ☐



Star Lamp ☐



Sailboat ☐



Dinosaur Toy ☐



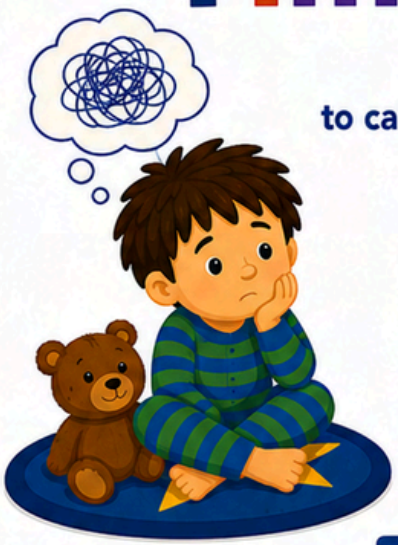
Books ☐



Moon ☐

Time to Wind Down

Help the boy get from his busy body and mind
to calm and sleepy by following the path through the maze.



Busy body,
wandering mind



Calm body,
sleepy mind

Bedtime Differences

Look closely at the two pictures below.
Can you find 10 differences?





Can you find them all?

Bedtime can be hard.
Bodies are busy, Thoughts wander.
And sometimes we miss the people we love.

This gentle story helps children name what they feel
and learn simple, calming steps to slow down,
feel safe, and find sleep.

With practice, patience, and a loved one nearby,
sleep comes — one breath at a time.



For children learning to calm down and find peace.

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