

HERE

End Of Day Story *a connection and sharing activity*



Before bedtime, take a few quiet minutes to share the story of the day together.

♥ ASK YOUR CHILD

*“What was the best part of your day?
Was there anything tricky or hard?
Who helped you today, or who were you kind to?
What’s something you learned or are proud of?
What are you looking forward to tomorrow?”*

This is a quiet chance to listen, connect, and help your child feel seen. Sometimes the simplest response is: "Thank you for sharing that with me." A few calm minutes talking about the day can help your child feel safe, valued, and ready for sleep.

