



**Rhythm brings safety.
You don't need a strict
schedule—you just
need consistency that
feels like home.**

Evening rhythms aren't about the clock—they're about creating predictability and peace after a full day apart. Simple, repeatable cues help your child's body shift from busy to calm, and help you reconnect as you wind down together.

Choose Your Evening Anchors

These small actions signal to your child's nervous system: "You're safe now."

Choose 1–3 to begin with:

- Dim the lights after dinner
- Play soft, calming music or nature sounds
- Offer a warm bath or foot soak
- Use a consistent bedtime phrase ("It's time to tuck the day in")
- Light a candle together and blow it out after your connection time
- Set up a cozy corner for reading the bedtime story
- Do a "connection sandwich" (snuggle → brush teeth → final snuggle)
- Use calming scents like lavender or vanilla in a diffuser
- Other ideas that fit our family:



One Small Shift to Start This Week

Choose one small change you'd like to try this week—not to fix sleep, but to support safety and connection.

This week, we will try:



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