

The Magical Bedtime Ritual Guide

A 20-minute evening routine that builds connection, calm, and confidence

Why Bedtime is Your Secret Superpower

The 20 minutes before sleep are the most emotionally open your child will be all day. Their guard is down, their imagination is alive, and they genuinely want connection. Fiddleswerth's world was born in these quiet nighttime moments — and this simple ritual will make them magical for your family too.

The Fiddleswerth Bedtime Ritual (20 min)

□ Step 1: The Wind-Down Signal (2 min)

Choose a consistent cue that tells your child: magic time is starting. This could be dimming the lights, turning on a small nightlight, or simply saying 'It's moon time.' Consistency matters more than perfection — your child's nervous system will learn to relax just from the signal.

□ Step 2: Read Together (8–10 min)

Read one story — or one chapter — aloud. Even if your child can read independently, hearing your voice is a different, irreplaceable experience. Let them hold the book. Let them turn pages. Go slow.

□ Step 3: The Two Questions (3 min)

After reading, ask just two questions: 'What was your favorite part?' and 'Did anything in the story remind you of YOUR day?' Don't push for long answers. A word or a giggle is enough.

✧Step 4: The Gratitude Moment (2 min)

Ask: 'Tell me one thing that felt good today.' It doesn't have to be big. Chocolate milk counts. A smile from a friend counts. This trains the brain to notice good things.

□ Step 5: The Quiet Close (3 min)

End with calm: soft music, three deep breaths together, or simply sitting quietly for a moment. Then say your family's goodnight phrase — whatever feels like yours.

Tips From a Child Psychologist

- Consistency matters more than duration — 10 minutes every night beats 45 minutes twice a week
- Put your phone in another room during this ritual. Your presence is the gift.
- If your child had a hard day, don't skip the ritual — this is when they need it most
- Children 4–8 are in a prime window for emotional learning. What you do now shapes their relationship with feelings for life.
- There are no perfect bedtimes. Some nights will be chaotic. Start again tomorrow.

Explore the full Fiddleswerth series at [Fiddleswerth.com](https://www.fiddleswerth.com)

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