

Place child’s face here

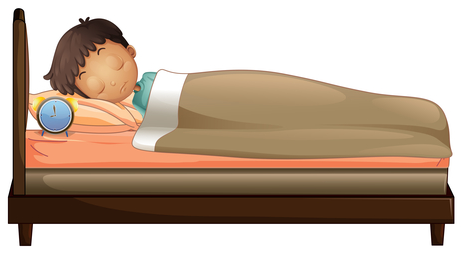
*SLEEPING IN MY OWN COMFY BED*

My name is [child’s name]. Pretty soon it will be my birthday. I am turning \_\_\_\_\_ years old.



Insert child’s picture here holding up the number of fingers for his/her birthday

When I am \_\_\_\_\_ years old, I will sleep in my own comfy bed. Now that I am getting bigger, it is my job to sleep in my own comfy bed. Sleeping in my own comfy bed shows that I am growing up, getting braver, and getting stronger.



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[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiUueuMgv3VAhWEuxQKHZYFD2cQjRwIBw&url=https://www.youtube.com/watch?v%3DNzDiOAnquAk&psig=AFQjCNHFwa2SB6gRqgoqQTb0QJ9CMD6aNw&ust=1504115748795445)Daniel Tiger is [child’s age] years old. He is growing up, getting braver and stronger. Daniel Tiger sleeps in his own bed.

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjMgp2L6vzVAhUJxYMKHTYgBs0QjRwIBw&url=http://watchcartoonsonline.eu/pj-masks-full-episodes/&psig=AFQjCNGOBefQAtp2rEqnSDhGPXK4dxJurw&ust=1504109330857495)Gekko, Catboy and Owlette sleep in their own beds too. They are [child’s age] years old, brave and strong too.

[caretaker’s name] helps me get ready for bed. I take a bath sometimes. I read a story.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjFtaLrgf3VAhWFuBQKHccOCiQQjRwIBw&url=https://www.youtube.com/watch?v%3Dcb3Ef3ARqfQ&psig=AFQjCNEd3ee4XEwTE9GKf9_PMpUJYit6yg&ust=1504115706014087)

Place photo of parent and/or caretaker reading story to child

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi0x6z7gf3VAhVEPRQKHUwfCIIQjRwIBw&url=https://www.amazon.com/Goodnight-Daniel-Tiger-Tigers-Neighborhood/dp/1481400487&psig=AFQjCNHFwa2SB6gRqgoqQTb0QJ9CMD6aNw&ust=1504115748795445)

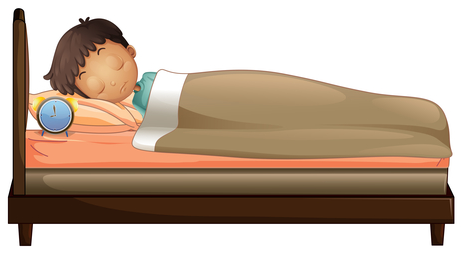
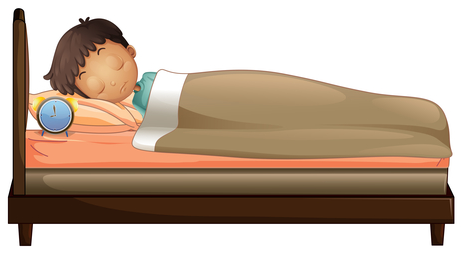
My mommy [or caretaker name] will cover me up then give me 5 cuddles. 1-2-3-4-5

She[caretaker pronoun] will say Good Night [child’ name] . I love you so much. I can say Good night too. Then I can hold my [favorite item] and give him cuddles. I can close my eyes. My mommy [or caretaker’s name] will leave my room.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjq05fRlITWAhXor1QKHXBzDPYQjRwIBw&url=https://www.amazon.com/Gund-Slumbers-Teddy-Stuffed-Animal/dp/B007KALG8I&psig=AFQjCNHtiB3W8NAVng4LpN91XV4m2mQu6A&ust=1504361281503285)

Can insert picture or image of child’ favorite item

If I feel scared I can say to myself, 'Scared is just a feeling.' I can close my eyes and picture my mommy [caretaker’s name] giving me cuddles. I can snuggle my [favorite item] until I feel calm and safe again. I am growing up. I am getting braver. I am getting stronger. It is important to keep trying to stay in my comfy bed.



[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiwnY6_lITWAhVCjVQKHZofDdYQjRwIBw&url=https://www.amazon.com/Gund-Mambo-Monkey-Stuffed-Animal/dp/B000935KN0&psig=AFQjCNEVC9hEmAYlDyPk_MRn8Eu1CQ6yXA&ust=1504361236386907)

Can place image of child’s favorite item here

Place photo of child’s face here

I know my mommy [ or caretaker name] is watching TV or doing dishes or going to her [caretaker pronoun] bed to sleep. That is what grown-ups do at night after I go to bed. It’s OK. I am safe in my comfy bed.

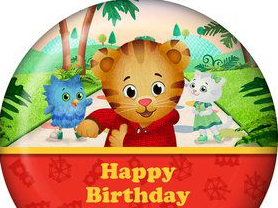
I am growing up. I am getting braver. I am getting stronger

Can place child’s face over image

In the morning my mommy [or caretaker’s name] will say “Good Morning [child’s name].” When I sleep all night in my own bed, I feel proud of myself, and my mommy [or caretaker name] feels proud of me too. I know that learning to sleep in my own bed is part of growing up and learning to take good care of myself.

I am growing up, getting braver and stronger.

Can insert a calendar page here of child’s birthday month and date highlighted



Daniel Tiger and the PJ Masks are helping me to count down to my birthday when I will be [child’s upcoming age] years old, sing happy birthday, eat cake, get birthday presents and sleep in my own comfy bed. Happy Birthday [child’s name]!!!!

Mommy can