



The Feelings Traffic Light for Calmer Evenings: 15-Minute Checklist

When children get loud, silly, clingy or tearful at bedtime, it is often not defiance. It is a nervous system that needs help shifting down.

HuggleTales Tip: In HuggleTales, choose a calming story that matches tonight's feeling. With Voice-Cloning, your child hears your familiar voice, and the Sleep Timer ends the story automatically.

1. First notice: what colour is tonight?

- ☐ Red: shouting, running, hitting, big tears
- ☐ Green: calm, reachable, only needs structure
- ☐ Dim lights and reduce background noise
- ☐ Yellow: fidgety, silly, bargaining a lot
- ☐ Quickly check hunger, thirst or bathroom
- ☐ Make your own voice slower and softer

Parent script I can see your body is still very fast. I will help it slow down.

2. 5 minutes of co-regulation, not debate

- ☐ Count 10 deep breaths together
- ☐ Slow-march to the bathroom door
- ☐ Let your child drink a glass of water
- ☐ Give one clear instruction per minute
- ☐ Offer firm pillow pressure or a blanket burrito
- ☐ Wash hands: warm water as a reset signal
- ☐ Avoid why-questions during big feelings
- ☐ Quick body scan: feet, belly, shoulders soft

3. Then follow the same bedtime map

- ☐ Brush teeth: same place, same order
- ☐ Choose one cuddly toy, not a whole crowd
- ☐ Start one short story or HuggleTales story
- ☐ After lights out: whisper voices only
- ☐ Pyjamas: offer two choices, not ten
- ☐ Say one good thing about the day
- ☐ Set Sleep Timer or announce the clear ending
- ☐ Tomorrow note: write one wish for tomorrow

Remember This list is not a test. If three points work tonight, the evening still counts as a win.

Create calmer bedtime rituals with HuggleTales: personalised bedtime stories for your child, familiar voice, Kids Mode and Sleep Timer. Your first story is free. For iOS & Android: huggletales.com