

A FREE GIFT FOR TIRED, LOVING MOMS



The Bedtime Connection Kit

10 questions that get your child to actually open up — tonight.

Some nights, “How was your day?” gets you a shrug and a “fine.” It’s not that your child has nothing to say — it’s that the question doesn’t open the door.

These ten do. They’re gentle, specific, and easy to ask in the quiet minutes before sleep, when kids are most likely to let you in. No screens, no pressure — just a few words that tell your child, *I’m here, and I want to know you.*

Keep this by the bed. Pick one a night. Watch what happens over a week.

THE ONE GOLDEN RULE

Ask, then stay quiet. Don’t fix, don’t lecture, don’t rush to the next thing. Your calm attention is the whole gift — it’s what makes them keep coming back to talk.

Created with love by Kitty B. Alvarez — helping moms raise confident, emotionally safe kids.

PICK ONE A NIGHT

Your 10 bedtime questions

Read-aloud ready · ages 6-12

- 1 What was the **best** part of your day — and the **hardest** part?
- 2 Did anything happen today that felt **unfair**?
- 3 Was there a moment you felt **proud** of yourself?
- 4 Who did you play with or sit with today? How did that feel?
- 5 Did anyone make you **laugh** today? What happened?
- 6 If you could redo one moment from today, what would it be?
- 7 Is there anything you've been **wondering** or **worrying** about?
- 8 What's something you **wish I knew**?
- 9 What are you looking forward to tomorrow?
- 10 From cozy to crummy — how does your **heart** feel right now?

IF THEY OPEN UP ABOUT SOMETHING HARD

Resist fixing it. Try: "That sounds really hard. I'm so glad you told me." Feeling heard is what helps them carry it — and teaches them they can always come to you.

Loved these? They're a little taste of ***One Talk a Night*** —
100 bedtime talks about confidence, big feelings, friendship & staying safe.