

# My Nighttime Brave Plan

## **How to Use This Plan**

This step-by-step plan is designed to help gently face the things that feel scary at bedtime. Each step is small on purpose, so your brain and body can get used to the feeling bit by bit until it doesn't feel so scary any more. 🧡

## **Step-by-Step Practice**

- Start at Step 1 of the ladder for each challenge.
- Before trying the step, rate your anxiety on a scale of 1 to 10 (1 = totally calm 10 = very, very anxious).
- Tip: It's okay to feel a bit nervous, we just don't want it to feel overwhelming)
- Practice the step daily (or as often as possible), using support tips and comfort strategies.
- After doing the step, rate your anxiety again.
- Notice if it starts to go down with practice!
- When the step starts to feel easier (anxiety level drops to 3 or below most times), you're ready to try the next step on the ladder!

## **Important Reminders**

- You can repeat steps as many times as needed, there's no rush!
- It's okay to go back to an earlier step if you need to.
- Celebrate small wins! Every try is progress, even if it doesn't go perfectly.
- Use comfort objects, calming phrases, or support tools at any step. That's not cheating, it's being brave with support.

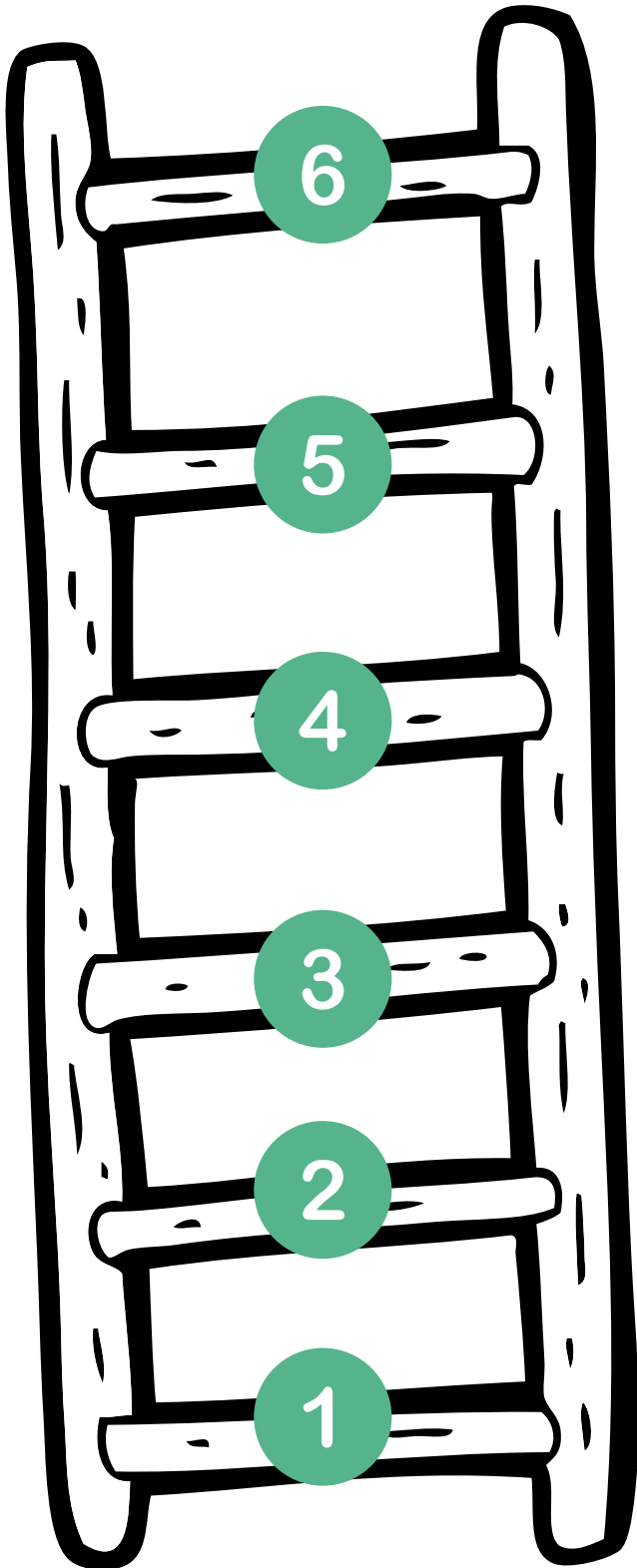


## **Creating a Personalised Ladder**

Example exposure ladders below show common bedtime safety behaviours that children may use to feel safe. For example: checking the stairs, watching the door, or hiding under the covers.

These ladders include suggestions for how to gradually reduce a child's dependence on these behaviours, by breaking the process down into small, manageable steps that help them feel safe and confident at night.

Goal:



Empty rectangular box with a yellow border.

Empty rectangular box with a cyan border.

Empty rectangular box with a pink border.

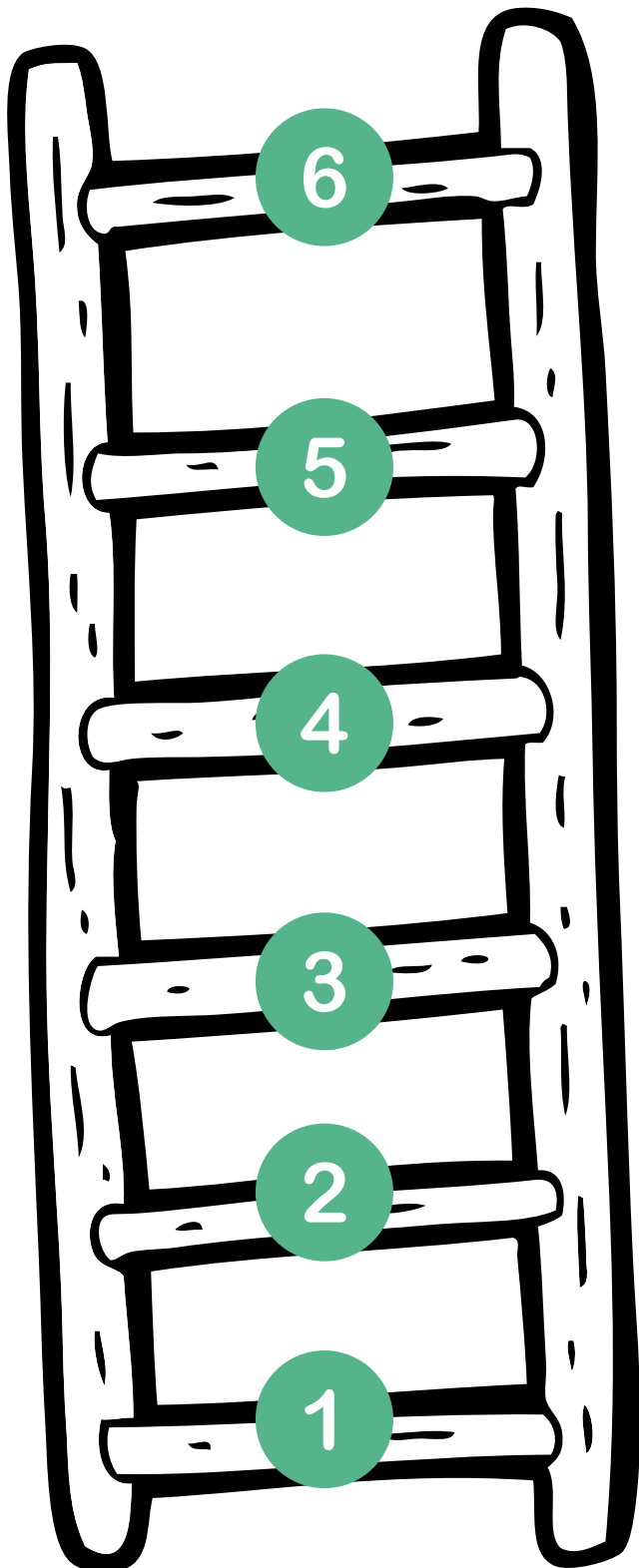
Empty rectangular box with a blue border.

Empty rectangular box with a green border.

Empty rectangular box with a purple border.

 **Support Tip: Introduce a "Guardian Teddy" who "keeps watch" so you don't have to. Choose the toy & assign it the job.**

**Goal: Be Able to Sleep on My Comfy Side**



**Fall asleep on comfy side alone without checking behind**


**Fall asleep on comfy side with comfort object & calming phrase**

**Lie on comfy side while listening to calming music**

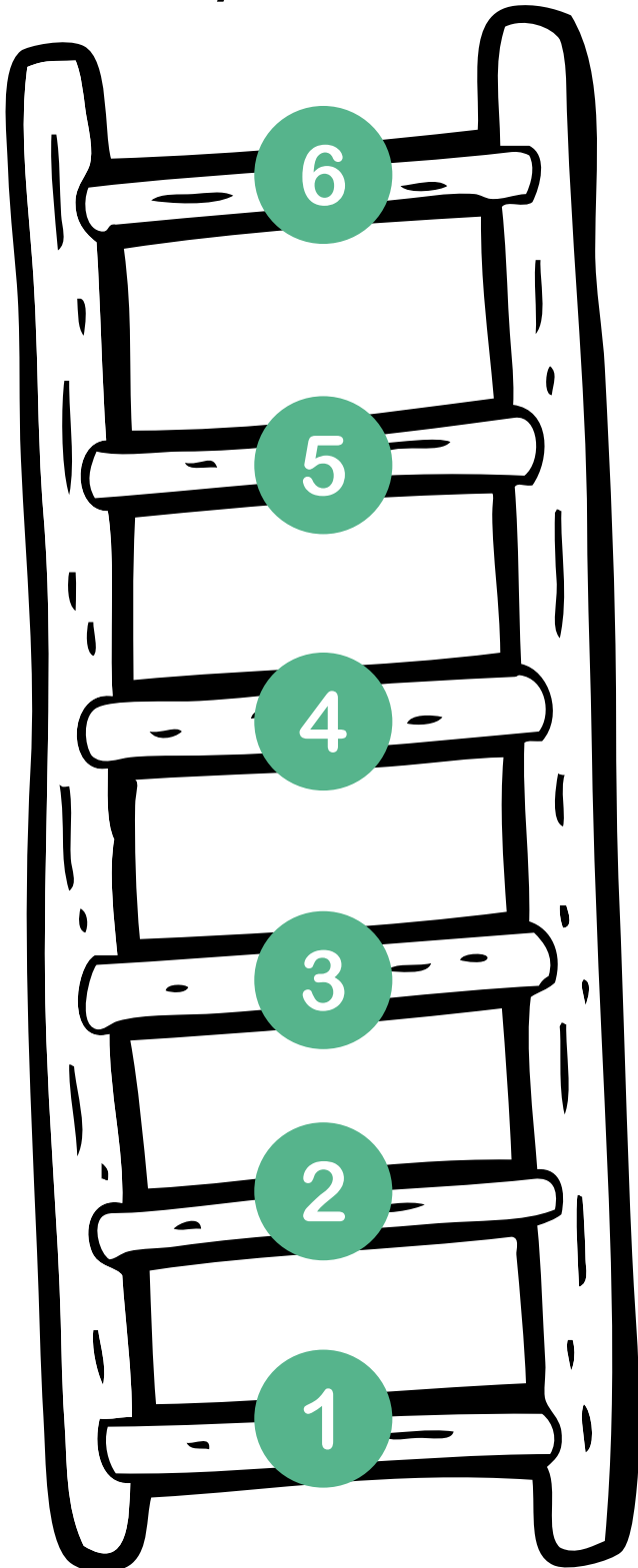
**Lie on comfy side with a mirror or reflective object angled so I can see the door**

**Lie on comfy side for for 1 min with Mum in the room**

**Lie on comfy side for 30 secs, then roll back**

 **Support Tip:** Offer a “magic safety charm” (stone, soft object) she can hold in her hand outside the blanket.

**Goal: Not hide under my blanket when I am really warm**



Sleep with arms and shoulders outside the blanket for a full night


Use a lighter blanket

Try one arm outside blanket all night

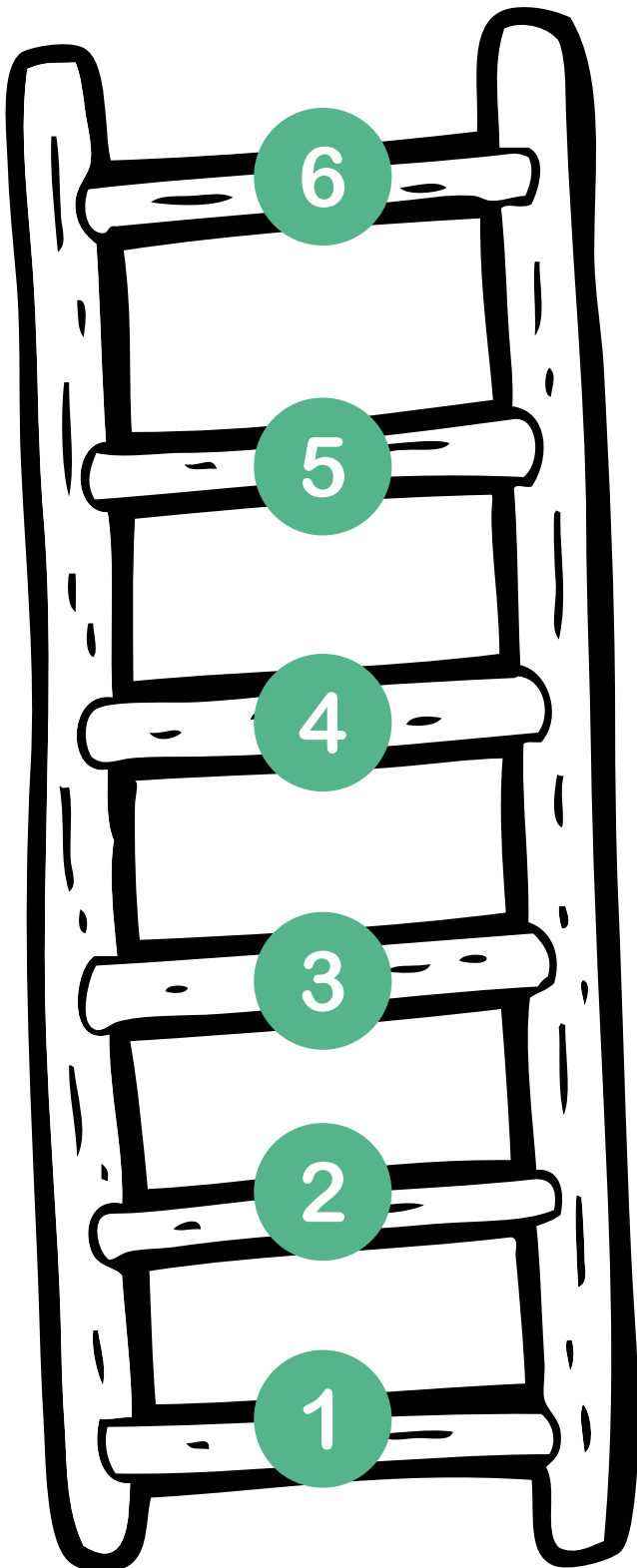
Sleep with top of blanket folded below shoulders

Keep head and shoulders out for a short story or breathing exercise

Uncover just face for 1 minute, then re-cover

 **Support Tip: Use a “Nighttime Brave Chart” earns a star or token for each night you try not to get up or use your script.**

**Goal: Not have to get up to check if anyone is there**



**Wait a 3-5 minutes before using your comfort strategy**

**Use comfort strategy instead of getting up (calm kit, grounding activity)**

**Sleep with door nearly fully closed**

**Pull door halfway closed so I can't see the stairs**

**Use a “Check-in Script” instead of getting up**

**Stay in bed for 2 minutes after waking, even if you want to get up**