



BEDTIME BEADS

Used For:

Parenting - Affirmation and Routine

Why it is important:

Bedtime Beads are an “I Love You Ritual” that encourages the caregiver to spend quality time with a child each evening before they go to bed. As the child touches each bead, they will talk about their day using the instructions on the label.

Detailed Description:

Slide each bead on the string with a double knot in between the beads. Double knot both ends and attach the key ring and label.

Each string of Bedtime Beads should include a key ring with this written information attached.

- Bedtime is a time of day when we can feel overwhelmed by the pressures of the world. Children are especially vulnerable to these pressures
- Bedtime beads encourage parents to spend meaningful time with their children with an emphasis on the often overlooked positive experiences of the day.
- Bedtime Beads promote a positive approach to bedtime in preparation for a peaceful rest.

Each bead represents a psychological need of children. Nightly, with the child, progress through the five beads reflecting on:

- A time during the day when the child felt LOVED
- A time during the day when the child was KIND or someone was kind to them
- A time during the day when the child felt SPECIAL
- A time during the day when the child felt that they BELONGED
- Someone or Something for which the child is GRATEFUL

Supplies Needed

- 5 Beads
- String
- Key Ring
- Bedtime Beads Label