

Bedtime Drama

Paani. Susu. Hug. Repeat. — raat 10 bajе

KYA KARO

1. Routine roz same order mein
2. Demands ko routine ke ANDAR daalo
3. Close karne ke baad wapas mat jao

YEH BOLO

Sab routine ke ANDAR: paani bedside par, susu brush ke baad.

Phir close: "Paani yahan hai. Last hug abhi. Subah milte hain."

YEH MAT KARO

- ✗ Har demand par wapas jaana — show renew ho jaata hai
- ✗ Roz routine ka order badalna
- ✗ Paanchvi request par phat jaana

SCIENCE KYA BOLTI HAI

Bachche ka dimaag time nahi, SEQUENCE padhta hai. Wahi boring routine har raat = neend ka signal.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/bedtime-resistance

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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