Bella's Bedtime Wobbles

A gentle Collyvale pack for children aged 2–7 and their grown-ups

Bella and her dad, Gus, find gentle ways to make bedtime feel safe.



Talking counts. Asking counts. Comfort counts.

One little step, together.

Choose one activity or explore a few. You can point, tell, draw or write. There is no need to finish every page.

Bella's story continues in *Bella and the Very Dark Night*. You don't need the book to use this pack.

Printing: US Letter. For the cut-out card, print single-sided or double-sided with "flip on long edge."

Collyvale
A little place for big feelings.

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What feels wobbly at bedtime?

Point to a picture, circle a choice or tell your grown-up. More than one can feel wobbly.

- ☐ Shadows
- ☐ Sounds
- ☐ Being away from my grown-up
- ☐ Bad dreams
- ☐ Not feeling sleepy
- ☐ Something else

My bedtime wobble looks like this...



Bella tells Gus: “Sometimes the shadows feel big.”
Gus listens: “Tell me what feels worrying.”



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My bedtime steps

A familiar order can help. Choose the steps that fit your family. Point, color or put them in order.



Potty or diaper change



Brush my teeth



Put on my pajamas



Share a story



Choose a cuddle or quiet company



Get comfortable and settle

A step we would like to add:

My steps can change when I need them to. My grown-up helps me know what happens next.

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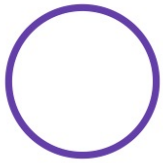
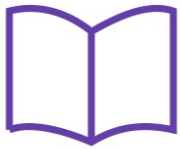
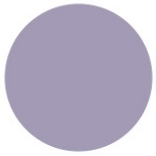
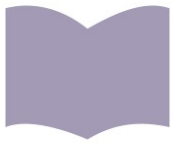
Bella’s shadow discovery

Try this in the daytime with your grown-up. Familiar things can look different when the light changes.

Bella and Gus look at a cup, a ball and a book. “A shadow is made when something blocks the light,” says Gus.

Can you match each thing to its shadow?


Would you like to explore?

With your grown-up, use a flashlight to make a shadow of a familiar toy. Move it and see what changes. Keep the light away from eyes.

You can watch, join in or stop. You do not need to practice in the dark.

“That is my bunny’s shadow!” says Bella.
“We can look together,” says Gus.

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Goodnight Collyvale

Read softly together. You can join in with “goodnight”, point to the pictures or simply listen.

Collywobble Cottage
Goodnight, cozy cottage. Our busy day is done.

Lantern Lane
Goodnight, Lantern Lane. Your little lights shine softly.

Quilt Corner
Goodnight, Quilt Corner. The quilts are tucked away.

Pebble Hollow
Goodnight, Pebble Hollow. The pebbles rest until tomorrow.

Collyvale Primary
Goodnight, Collyvale Primary. The stories can wait until morning.



Wilf’s slow breaths

Wilf Wind makes gentle breezes with his mouth.

If you would like to, blow a slow, soft breath from your mouth, as though you are gently cooling warm food. Then let your next breath come naturally.

Try another if it feels comfortable. No big breaths or holding your breath.

Bella snuggles her bunny. “Goodnight, Collyvale.”
You can rest quietly, even when sleep has not arrived yet.

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My bedtime plan

Choose together while you feel comfortable. Point, check, draw or tell. Your grown-up can write for you.

Things that might help me

- [ ] A familiar toy
- [ ] A dim battery-powered light
- [ ] Door open or partly open
- [ ] Comfortable bedding
- [ ] A quiet room
- [ ] A story or quiet company

Something else I like:

Our plan for tonight

My comfort thing is... _____

My light and door will be... _____

My grown-up will... _____

If I need help, I can...

My grown-up can be my worry-keeper

Draw or tell a worry. Give it to your grown-up to keep safe until morning. You do not have to make the worry disappear.

Gus says: "I will listen now. We can talk about it again in the morning. You can still ask me for help tonight."

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If I wake in the night

You can ask for comfort. You do not need to keep a worry to yourself.

1 **Notice something familiar**

My bunny, blanket or gentle light is nearby.

2 **Tell my grown-up**

I can call them or use the way we agreed in my plan.

3 **Let comfort help**

We can have quiet words, a cuddle if I want one, or calm company.



Gus tells Bella: “That dream felt frightening. You are awake now. I am here with you.”



A little morning moment

Last night I told my grown-up...

Something that helped was...

Reassurance card • A grown-up can cut along the dotted line.

I can tell my grown-up.

I can ask for comfort. We can take one little step together.

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A little help for grown-ups

Bedtime support works best when it fits your child and your family. These are choices, not a test.

Listen first; make a small plan

Try: "I can see that feels worrying. What would help?" Talk and explore shadows in daytime. At bedtime, use a familiar, calm routine and one or two comfort choices. Adapt light, sounds and bedding to your child. They do not need to stop feeling afraid or sleep alone to have made progress.

Be a dependable worry-keeper

Listen to the worry; do not insist it goes away. Agree to revisit it in the morning and follow through. Keep promises about check-ins. If you cannot stay, explain what you will do and how your child can get help. Celebrate telling and asking, rather than quiet nights.

Nightmares

Your child wakes, may remember the dream and needs comfort. Reassure them that the dream has ended and help them notice their familiar surroundings. They do not have to describe the dream.

Night terrors

Your child is usually not fully awake and generally will not remember. Your child may cry out, scream or have their eyes open while still asleep. They usually happen in the first few hours after falling asleep. Stay calm and keep them safe. Do not try to wake them; avoid restraining them unless needed to prevent injury.

When to get advice

- Loud snoring or pauses in breathing.
- Frequent night terrors or sleepwalking.
- Sleep problems affecting daytime mood, energy or activities.
- Sudden sleep changes after a big life event.

Speak to your pediatrician.

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