



Bedtime Thumb Reset Kit

Your printable bedtime implementation kit

A practical companion to the 14-Day Thumb Reset Protocol
Only use this kit after going through the main book.

THE BEDTIME GOAL

Make bedtime a calm transition in which your child has a predictable way to feel safe, settled and supported without relying on the thumb.

Use this kit to notice patterns, prepare a better response, and make the new routine easier to repeat.

Parent/Guardian: _____

Child: _____

Start date: _____ Planned finish date: _____

NOTICE → REPLACE → TRANSITION → REINFORCE

How to Use This Kit

The bedtime problem is rarely just “the thumb.” Bedtime can contain tiredness, separation, boredom, overstimulation, uncertainty, or a strong need for comfort. This kit helps you notice what happens around the thumb, prepare a better response, and make the new routine easier to repeat.

Use the kit in three phases

Phase	What you do
Prepare	Identify bedtime moments that make thumb-sucking more likely. Choose one or two realistic comfort replacements.
Practice	Use the same short sequence each night. Notice the moment before the thumb and guide your child toward the replacement.
Reinforce	Look for awareness, effort and successful transitions. Record what worked and adjust without shame when a night goes badly.

Keep the goal simple

- Do not turn bedtime into a nightly negotiation about the thumb.
- Do not shame, threaten, tease or repeatedly call attention to the habit.
- Use fewer words when your child is tired.
- Praise noticing and trying, not perfection.
- If the plan creates major distress or you have concerns about teeth, speech, sleep, skin, pain or emotional wellbeing, seek appropriate professional guidance.

TONIGHT'S REMINDER

I am not trying to win a battle with the thumb.
I am helping my child learn a new way to settle.

Bedtime Trigger Finder

For two or three evenings, look for the moments when the thumb appears most often. You are looking for a pattern, not evidence to blame your child.

What tends to happen right before the thumb?

- ☐ Getting into bed
- ☐ Lights going off
- ☐ Parent leaving the room
- ☐ Feeling tired or overwhelmed
- ☐ Watching a screen before bed
- ☐ Being bored or having nothing to do
- ☐ Worrying or seeking reassurance
- ☐ Waking during the night
- ☐ Holding a blanket, stuffed toy or other comfort object
- ☐ Another moment: _____

My child's strongest bedtime trigger seems to be

Trigger / situation:

What I notice about the pattern:

Observation:

LOOK FOR THE MOMENT BEFORE

Instead of asking only "When did the thumb go in?", ask: "What was happening in the 10–60 seconds before it?"

Choose the New Comfort Job

The thumb usually does a job. At bedtime, that job may be comfort, calming, sensory input, transition support, or simply helping the child settle. Choose a replacement that can realistically do part of the same job.

Possible bedtime replacements

- ☐ A soft blanket, stuffed animal or pillow to hold
- ☐ Fuzz ball
- ☐ A small bedtime hand activity that is quiet and safe
- ☐ Slow breathing together
- ☐ A short cuddle or hand-hold before lights out
- ☐ A familiar phrase, song or calming routine
- ☐ A quiet story
- ☐ A consistent settling object kept in the bed
- ☐ Gentle hand pressure: squeezing a pillow or clasping hands
- ☐ Another replacement: _____

Our choice

Primary replacement: _____

Backup replacement: _____

Why this might work for my child:

Reason:

IMPORTANT

Do not introduce ten new tools at once. Start with one strong replacement and one backup. The goal is a predictable new pathway, not a bigger bedtime routine.

Build the Bedtime Routine

A predictable transition reduces the number of decisions your child has to make when tired. Keep the routine short enough to repeat and consistent enough to become familiar.

Our bedtime sequence

Begin wind-down: _____

Wash / brush / toilet: _____

Pajamas / bedroom preparation: _____

Story / quiet connection: _____

Choose comfort replacement: _____

Settling cue: _____

Lights out / parent transition: _____

Our one-sentence settling cue

SAY THE SAME SHORT THING EACH NIGHT

Example: "Your body is getting ready for sleep. Your bedtime helper is here. Let's settle together."

Our words: _____

What we will avoid

- ☐ Long explanations after lights out
- ☐ Repeated warnings
- ☐ Arguments about whether the child "should" suck their thumb
- ☐ Threats or punishment
- ☐ Changing the routine dramatically from night to night

Parent Language & Script Sheet

A calm, brief response helps the child learn what to do next without turning the thumb into the centre of attention.

When you notice the thumb

TRY

"I see your thumb is here. Let's use your bedtime helper instead."

"Your hands need a new job. Here's your comfort object."

"You caught it. Nice noticing. Let's get back to settling."

When the child becomes upset

TRY

"You're having a hard moment. I'm here."

"You don't have to get it perfect. Let's try the next step together."

When the child succeeds

TRY

"You noticed the urge and chose something else."

"You stayed with your new bedtime plan. That was real practice."

"You're learning a new way to settle."

Our own family phrase

A phrase we want to repeat consistently:

Child Bedtime Agreement

Use this page together. Keep it collaborative and simple. The agreement is not a contract for perfection; it is a shared plan for what everyone will do when bedtime gets difficult.

My bedtime goal is: _____

The bedtime helper I will use is: _____

When I notice my thumb, I can: _____

My parent/carer will help me by: _____

The words that help me most are: _____

Our three bedtime promises

- ☐ We will keep bedtime calm.
- ☐ We will notice the thumb without shame or teasing.
- ☐ We will practice the new bedtime plan even when it feels difficult.

Our special signal

If I need help without talking, I can: _____

My parent/carer will know this means: _____

SIGN HERE

Child: _____ Date: _____

Parent/Carer: _____ Date: _____

Bedtime Preparation Checklist

Complete this before your child gets into bed. The aim is to make the replacement easier to reach than the old habit.

Before bedtime

- ☐ Bedroom is ready and comfortable
- ☐ Screens are finished according to our family plan
- ☐ Bedtime replacement is within easy reach
- ☐ Backup replacement is available
- ☐ Water / toilet / other needs are handled
- ☐ The bedtime routine is known
- ☐ I know the short phrase I will use if the thumb appears
- ☐ I am prepared to reinforce effort rather than demand perfection

Our environment

What will be visible / within reach:

Comfort items / cues:

What might make the thumb more likely tonight:

Possible trigger:

One small adjustment I can make:

Adjustment:

PARENT CHECK

Am I calm enough to guide rather than argue?

Have I made the new option easy to use?

Nightly Bedtime Practice Log

Use one row each night. Record the pattern briefly. This is not a scorecard for your child.

Night	What happened?	What helped?	Next adjustment
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____

Pattern I notice after the first week:

Observation:

What to Do When the Thumb Goes In

Expect this to happen during practice. The response is more important than the event. Your job is to interrupt the old loop without creating a new loop of conflict.

The 5-step response

Step	What to do
1. Notice	Stay calm. Avoid a dramatic reaction.
2. Connect	If your child is distressed, respond to the feeling first.
3. Redirect	Briefly point toward the chosen replacement.
4. Settle	Return to the bedtime routine rather than starting a debate.
5. Reinforce	If your child notices, redirects or tries again, acknowledge the effort.

My quick response

When I see the thumb, I will say: _____

Then I will offer: _____

If my child refuses, I will: _____

REMEMBER

A setback does not erase previous learning. One difficult bedtime is information about what the child may still need help with.

When Bedtime Is a Struggle

Some nights will be harder. Instead of abandoning the plan or escalating the pressure, use the difficulty as a clue.

If the child is overtired

Shorten the routine. Use fewer words. Offer the replacement immediately and focus on settling rather than teaching.

If the child is seeking connection

Give a small, predictable dose of connection before lights out-such as a cuddle, short conversation or repeated goodnight phrase-then transition to the replacement.

If the child is bargaining

Keep the boundary steady and the response boring. Avoid turning the thumb into a negotiation with new rewards or arguments every night.

If the child is anxious

Slow down. Reassure without creating a long reassurance loop. If worries are persistent or significantly affecting sleep or wellbeing, consider professional support.

If the plan is simply too hard

Reduce the step. You may be asking for too much change at once. Return to noticing, strengthen the replacement, and make the bedtime transition more predictable.

THE QUESTION TO ASK

"What is my child needing in this moment, and how can I meet that need without making the thumb the enemy?"

7-Night Bedtime Reset Tracker

A successful night can mean fewer episodes, faster redirection, more awareness, choosing the replacement, or recovering after a setback.

Night	I noticed the trigger	I used the replacement	I recovered after a setback	Parent note
1	☐	☐	☐	_____
2	☐	☐	☐	_____
3	☐	☐	☐	_____
4	☐	☐	☐	_____
5	☐	☐	☐	_____
6	☐	☐	☐	_____
7	☐	☐	☐	_____

What improved?

- ☐ My child notices the urge sooner
- ☐ My child accepts the replacement more easily
- ☐ The bedtime routine feels calmer
- ☐ The thumb appears less often
- ☐ Recovery after setbacks is easier
- ☐ Our family response is more consistent

Something else we noticed: _____

Parent Reflection & Reset

Pause before changing the plan. What did the week teach you?

What worked best?

Strategy / replacement / routine element:

When was the thumb most likely to appear?

Pattern:

What did my child seem to need?

Need / feeling / transition difficulty:

What should we change for the next seven days?

One adjustment:

What am I proud of?

My child's effort / my own response / our progress:

RESET, DON'T REACT

Return to the framework: Notice the moment → Replace the old job → Improve the transition → Reinforce the effort.

Our Quick-Reference Bedtime Plan

Keep this page somewhere you can see it before bedtime. It is your one-page plan when you are tired and do not want to think through the whole process.

1. NOTICE

Our main bedtime trigger: _____

2. REPLACE

Our primary bedtime helper: _____

Our backup: _____

3. TRANSITION

Our bedtime sequence begins at: _____

Our settling cue: _____

4. REINFORCE

The effort we will notice: _____

How we will acknowledge it: _____

IF THE THUMB APPEARS

Our short response: _____

Then we return to: _____

IF TONIGHT GOES BADLY

Tomorrow we will look for the trigger, adjust the plan and try again.

FINAL REMINDER

The goal is not to make every night perfect.

The goal is to help your child build a repeatable way to settle, one bedtime at a time.

NOTICE • REPLACE • TRANSITION • REINFORCE