

psst... from one parent to another

Bedtime, and the *one more things*

THREE NOTES FROM THE GROWN-UPS' PAGE OF
"THE GAP UNDER THE DOOR" · AGES 5–8



1 One more sip, one more page. Stalling?

A bit, yes, but not to annoy you. The door clicks and suddenly he's alone with his own head, and one more thing is the only way he knows to put that moment off. So what helps is the opposite of a battle: go in, keep it boring, and say you'll check on him in a few minutes. Then really come back, sooner than you said. A child who knows you're coming doesn't need to shout for you.

2 Will the one-more-things ever end?

A cereal box might end them. Cut a ticket from it: a bedtime pass, good for one thing — a drink, a hug, one question — and then it comes back to you. Once it's spent, any more calls get the same calm, boring answer: "In the morning." Endless asking turns into one choice, and he's the one making it. It's been tested in studies, and it holds up. Some kids end up keeping it under the pillow, unspent, just in case.

3 Will he ever be fine in the dark?

For most kids, yes. Fear of the dark is one of the most common fears at this age, and it tends to fade with time. Practice in daylight helps it along more than courage at bedtime: on a weekend afternoon, close the curtains, hide a few small toys and hand over a flashlight, like Eli's. Next time darker, hidden better, until the dark room is where he found things, not where he got left. If the fear keeps growing instead, or steals most nights for weeks, mention it to your doctor.

Read Eli's story together — your child decides what he does. →

ifarium.com/stories/the-gap-under-the-door · free, no sign-up



print · cut · keep one by the bed

The Bedtime Pass



At lights-out, give one pass. It's good for one thing — a drink, a hug, one question — and then it comes back to you. Once it's spent, any more calls get the same calm, boring answer: "In the morning." Some kids keep it under the pillow, unspent, just in case.

BEDTIME PASS

Good for
one thing

a drink · a hug · one question



Then it comes back.
After that: "In the morning."

NAME: _____

BEDTIME PASS

Good for
one thing

a drink · a hug · one question



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Eli's version: a Dad ticket with enormous ears. Draw your own on the back.

From "The Gap Under the Door" — read it together at ifarium.com, free, no sign-up. Bedtime pass:
Friman et al. 1999; Moore et al. 2007.



SCAN TO READ THE
STORY