One Last Book, Then Bed

Explain the bedtime limit, agree on one last book, and let your child choose it.

Helps Your Child Grow



Attending and Understanding

Listening to a short reason, responding, and taking part in a simple agreement gives your child practice understanding meaning within a conversation.

Steps

- As your child understands more language, use simple negotiation when they resist ending an enjoyable activity.
- At bedtime, the planned reading time may end while your child still wants more books.
- An immediate “No!” can mean they understand that sleep is next but are not ready to stop.
- Acknowledge the wish, explain briefly, and offer a clear agreement: “We’ve been listening for a long time, and our ears need a rest. Let’s read one last book, then get ready for sleep.”
- If your child accepts, give them a part in the plan: “Choose our last book.”
- If they still resist, keep the limit clear while listening and working toward an agreement before you continue the final story.

Tips

- At this age, “no” can be a way to enter the conversation rather than a final refusal. Use a short explanation and help your child understand what will happen next.

Observations

- ○ Responds “No” after hearing that it is time for bed
- ○ Shows reluctance when told that only one more book remains