Tomorrow Will Be Better

Talk about tomorrow and give your child a natural way to use memory.

Helps Your Child Grow



Memory

Recalling a familiar experience and using it to imagine a specific event tomorrow gives your child practice retrieving and strengthening memories.

Steps

- Talk about tomorrow before bedtime to connect with your child and give them practice remembering a short plan.
- Because abstract time words can be hard at age three, anchor the plan to concrete events such as after waking up or after breakfast.
- Offer a small set of choices: yellow or blue clothes, a storybook or another book, an apple or a banana. Later in the conversation, ask your child to recall what they chose.
- If a teacher has shared a change, talk calmly about what will happen, what needs to be prepared, and how it differs from the usual routine.
- Avoid introducing exciting new plans, lecturing, demanding a promise to behave, or resolving conflict in bed. Keep the sleep space calm and reassuring.
- End with the same familiar phrase, a hug, and the transition to sleep.

Tips

- Keep questions about tomorrow tied to concrete events or settings rather than abstract ideas such as “What are you looking forward to most?”
- There is no need to test your child the next morning. The memory practice already happened as they drew on past experiences during the conversation.

Observations

- ◯ Uses a previous experience to make a simple plan for the next day
- ◯ Answers a question briefly and clearly