

Hard-Night Card

Reset line: "Let's pause. We're safe here."

- 1 ENVIRONMENT FIRST**
Lower the lights. Lower your voice. Reduce movement. Stop all demands. Pause the story if it isn't helping.
- 2 ONE REGULATION MOVE**
Slow breathing (in 4, out 6 — or "smell the flower, blow the candle") · Firm hug or pillow squeeze, if wanted · Stillness nearby
- 3 ONE A/B CHOICE**
"Book first or breathing first?"
- 4 RETURN TO THE SEQUENCE**
Same words. Same order. Pick up where you left off.
- 5 CLOSE WITH THE LANDING PHRASE**
"You are safe. You are loved. Your body can rest now."

At 2am · Night-waking reset (2–5 minutes)

- Minimal light only — nightlight or dim torch
- One reassurance line: *"You're safe. I'm here. One slow breath — then back to rest."*
- Brief comfort if needed and wanted (hand on back, tuck-in)
- Close with the landing phrase

Connection beats correction. Safety first, sleep second.