



CHECKLIST

7 Evening Rituals that give your Child a Sense of Security

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Small Routines for Peaceful Nights and Relaxed Parents

"The evening is the perfect moment to offer closeness and end the day peacefully." Bedtime rituals are more than just habits, they give children a sense of security, make falling asleep easier, and create valuable moments of connection. At the same time, they help parents wind down and end the day more calmly themselves. With these seven ideas, the evening becomes an island of comfort in everyday family life.

- ★ **Reading together:** A bedtime story is a classic, and still works wonders. Your child dives into a world of imagination and associates reading with warmth and closeness.
- ★ **Gratitude round:** Take a moment in the evening to share three things that were positive during the day. This strengthens a positive outlook and creates a sense of contentment.
- ★ **Relaxation exercises:** Short breathing exercises, gentle humming, or a brief guided imagery help the body wind down and allow your child to find calm.
- ★ **Cuddle time:** A few minutes of physical closeness – a hug, gentle stroking, or holding hands – are priceless for children and provide deep comfort.
- ★ **Consistent routine:** Repeated steps like brushing teeth, putting on pajamas, a story, and lights out give your child structure. The clear sequence signals: *"Now it's bedtime."*
- ★ **Calm environment:** Dimmed lights, a tidy room, and minimal noise make it easier for your child to switch off. Even a small nightlight can provide a sense of safety.
- ★ **Parent ritual:** End the evening consciously with a small ritual of your own, for example, a cup of tea or a brief moment of reflection. This shows your child: Mom or Dad also take care of themselves.

Bedtime rituals act like an anchor in family life: they give children a sense of security and offer parents a calmer close to the day. Even small routines can make a big difference, leading to better sleep, less stress, and more closeness.

If you are looking for more inspiration and practical exercises to make family life more pleasant and fulfilling, you will find many additional ideas on ChildHelp.info as well as concrete strategies and ready-to-use tips in the Self-Care E-Book.

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Self-care is a quiet, loving companion on the journey back to yourself. Because self-care is not a luxury and not selfishness. It's a necessity. Especially in everyday life with children, when everything happens at once: tantrums, exhaustion, guilt, perfectionism. All of it drains you – often silently and invisibly. This book is a gentle reminder that you are more than just a "functioning parent." That your needs matter. That taking care of yourself isn't selfish – it's brave. Strong. And healing.

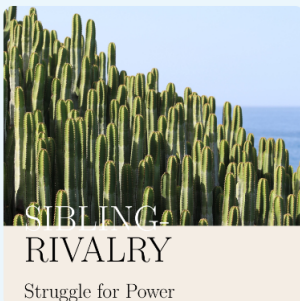
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Token-System – Reward-System

A token system is a method of positive reinforcement designed to encourage desired behavior in children. The basic idea is simple: A child receives a *symbolic reward* – a token – for a specific behavior. This token can later be exchanged for an actual reward. The system has its roots in behavioral psychology and has been successfully used for decades in schools, therapy settings, and families.

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If you have more than one child, you know them all too well: the small and big conflicts of everyday life. Whether it's about the favorite toy, the bigger slice of cake, or simply about being "right" – sibling fights are exhausting, loud, and often nerve-racking. And yet, they're a natural part of family life. But you're not powerless. With a bit of background knowledge, a dose of empathy, and the right strategies, you can not only help defuse the tension – you can even turn it into an opportunity.

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