



Little Dreamers

REST FOR THEM. RELIEF FOR YOU.

A LITTLE DREAMERS PARENT TOOLKIT

Two Homes,

One Familiar Bedtime

A shared bedtime guide for co-parents, grandparents, and any caregiver who tucks this child in.

For families with more than one bedtime household

Rest for them. Relief for you.

www.littledreamerssleep.com

Welcome

If your child sleeps in more than one place, you've felt the pull between two things: keeping bedtime consistent, and letting each caregiver be themselves.

Here's the reassurance up front: every caregiver doesn't need to run bedtime identically. Kids need a small, predictable anchor that travels with them — and the freedom for each home to still feel like itself.

Consistency isn't everyone doing it the same. It's a few things always being true, no matter whose house it is.

What Actually Needs to Stay the Same

Not everything needs to match between homes — trying to force that usually creates tension between caregivers instead of calm for the child. What matters is a small set of anchors, held steady everywhere.

Keep these consistent everywhere

- ☐ Roughly the same bedtime window (within 30 minutes)
- ☐ The same comfort item — it travels with the child, not stays behind
- ☐ A short, repeatable closing routine (even a simplified 2-step version)
- ☐ The same goodnight phrase or signal, said the same way

These can flex from house to house

- ☐ Who reads the story, and which stories are in rotation
- ☐ Bath time length, snack routine, what happens after dinner
- ☐ Room setup, night-light preference, background sound

Give caregivers permission to own the parts that don't matter. That's what protects the anchor routine.

TRY THIS TONIGHT

Pick your 3 non-negotiable anchors from the list above and text them to the other caregiver tonight.

Building Your Anchor Routine

This should be short enough that any caregiver — a grandparent, a new partner, a sitter — can run it after seeing it once.

A 3-part anchor that travels well

- ☐ One repeated phrase that signals 'we're starting bedtime now'
- ☐ One consistent closing activity — most families use a single short book or song
- ☐ One goodnight ritual — a phrase, a hug, a light switch — done the same way, everywhere

Everything else is local color. The anchor is what makes bedtime feel familiar even when the walls change.

Grandma Doesn't Need to Do Bedtime Exactly Like You

If a grandparent, sitter, or co-parent does bedtime a little differently, that's not a threat to your child's sleep. Kids adapt well, especially when the few true anchors are in place.

Where this goes wrong is usually miscommunication, not incompatibility — a caregiver just not knowing what matters versus what's habit. That's what the handoff card on the next page is for.

A caregiver who knows your three anchors can do everything else their own way, and bedtime still works.

TRY THIS TONIGHT

Share your filled-in handoff card (next section) with one caregiver this week — even a photo of it is enough.

Let Your Toddler Be the Bedtime Boss

Moving between homes can make bedtime feel like something that happens to a child, not something they take part in. A simple fix: build in small, contained choices in every home.

Choices that work well

- ☐ Which of two books to read tonight
- ☐ Which stuffed animal 'sleeps on guard' tonight
- ☐ Whether the door is open a crack or closed

These cost nothing structurally — the anchor routine stays intact — but hand your child a sense of control exactly when transitions can make them feel like they have none.

TRY THIS TONIGHT

Offer one small choice tonight — book or animal or door — and let your toddler decide.

Your Caregiver Handoff Card

Fill this in once, then share a copy (photo, printout, or note) with every caregiver who does bedtime for your child. It takes the guesswork out of 'what matters here.'

Our anchor routine (in order):

-

Bedtime:

-

What they call their lovey / comfort item:

-

One phrase that calms them down:

-

Our goodnight phrase / signal:

-

Anything that's off-limits right now (foods, shows, etc.):

-

Sources and Important Notes

This guide is educational. It doesn't diagnose or treat a sleep disorder and isn't a substitute for your child's pediatrician.

WHEN TO CALL: Contact your pediatrician if sleep difficulties are persistent, disrupt daytime functioning, or come with frequent snoring, breathing pauses, gasping, or pain. Seek emergency care for severe breathing trouble, blue/gray lips or face, or a child who can't be woken.

More Help When the Struggle Changes

Every Little Dreamers guide is free and stands on its own. Grab whichever one fits tonight.

- Bedtime SOS — quick-match fixes for 10 common bedtime struggles, ages 2-7

- The 14-Day Back-to-School Sleep Reset — shifting the schedule before the first school morning, ages 3–8
- The Stay-in-Bed Reset — a 7-night plan for repeated exits and stalling, ages 3–7
- The Single-Parent Bedtime Survival Kit — a simpler routine built for doing bedtime alone
- Don't Wait Until the Night Before — a gradual 14-day plan for travel, time changes, or any schedule shift

All free at littledreamerssleep.com

When the Night Changes, Your Plan Can Change With It

This guide gives every caregiver in your child's life the same short map. Little Dreamers, our app, keeps building it with you — a routine that adjusts as your child grows, a log that spots patterns you're too tired to notice at 2am, and a place to loop in every caregiver so the plan doesn't reset every time someone new is on duty.

Little Dreamers — the app

- ☐ Personalized routines that adjust to your child's age and your family's approach
- ☐ Bedtime stories and calming sounds, in English and Spanish
- ☐ Sleep logs that turn tonight's notes into a pattern you can actually see
- ☐ Caregiver sharing, so grandma and the babysitter get the same plan you do
- ☐ Step-by-step guided support for the nights a printable can't cover alone



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