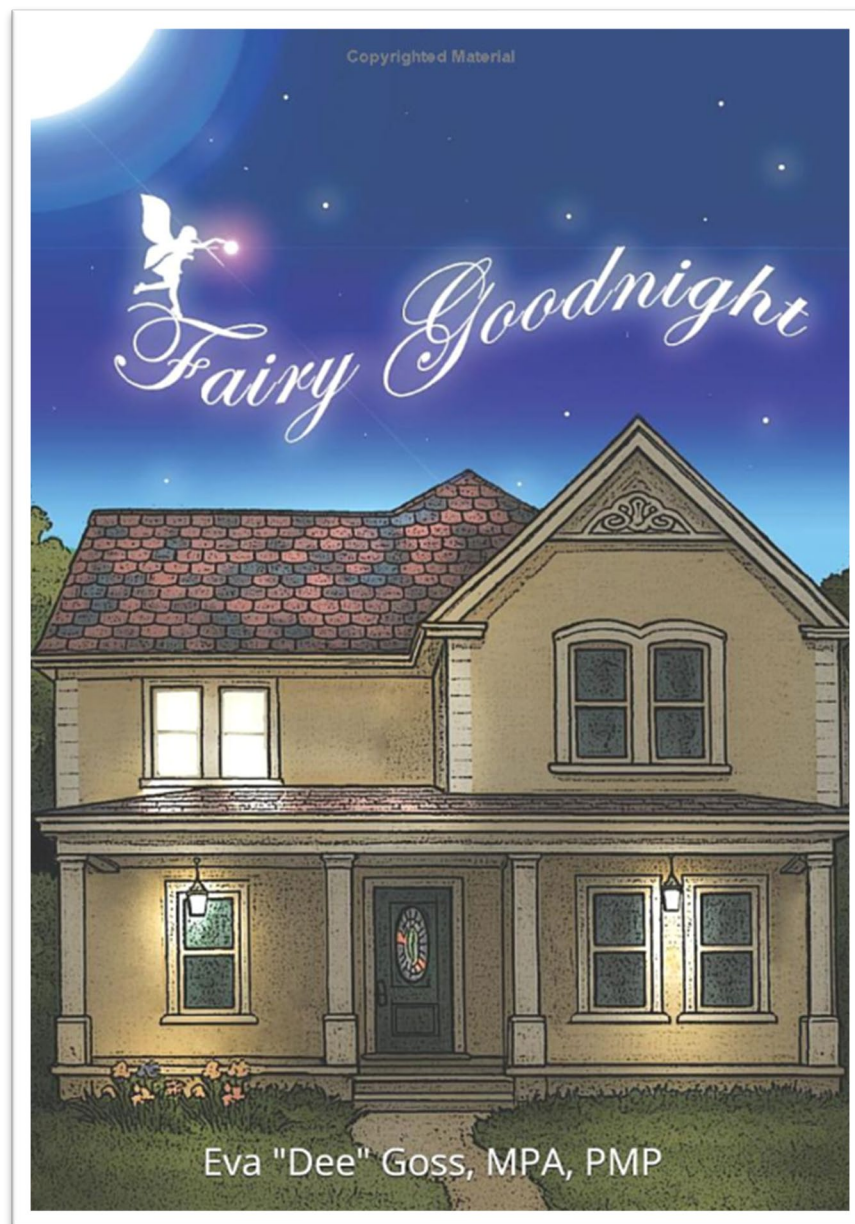


Fairy Goodnight

The User's Guide





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A Note to Grown-Ups:

You are the magic maker.

The transformation that *Fairy Goodnight* offers won't come from your child reading the story alone—it begins with you. As the parent or caregiver, **you hold the key. You set the tone. You are the one who brings the magic to life.**

This book is designed to help you, and your child build joyful, connected routines—but **its success depends entirely on your consistency, presence, and effort.** You don't need to be perfect. But you do need to be reliable, prepared, and willing to try.

Yes, parenting is tiring. Some days you'll feel stretched thin. But the most rewarding parts often come in the small, quiet moments—those times when your child feels truly seen, valued, and cared for. *Fairy Goodnight* helps you create more of those moments. And it all begins with intention.

Here are a few gentle ground rules to help you get started:

- **Be prepared.** Find or make supplies to create a fairy house. It doesn't need to be perfect, but it should be weather- and water-resistant, heavy enough not to blow away, and have a little door or space where small treasures can be placed.

- **Don't delay.** Your child will likely want to build their own fairy house the day after reading the story. **Make this happen as soon as possible—ideally the very next day.** Your excitement and follow-through matter. Most people have household items that can be used creatively for a makeshift house. If not, gather supplies **before** you introduce the book. There's nothing more disappointing than building anticipation and then letting it fizzle.
- **Set the scene.** Build some quiet excitement. During dinner, introduce the idea of a fun new fairy bedtime story. Then, about 30 minutes before it's time to start getting ready for bed, invite your child to sit with you in a cozy space like the living room. This keeps them fully awake and engaged as you read the first two chapters aloud.
- **Be present.** Turn off the TV, silence your phone, and give your child the gift of your undivided attention.
- **Build anticipation.** After reading the first two chapters, invite your child to hear more of the story—*after* they've completed their nighttime routine. This ties the story to positive actions and gives them something to look forward to. You can also say something like, "Let's give my voice a little rest while you get ready—then we'll see what happens next!"
- **Set a reminder to work your magic.** Each night your child has a smooth bedtime, you'll help Fairy Goodnight by leaving a small note

or small treasure in the fairy house. You are the behind-the-scenes helper bringing the magic to life. PRO TIP: Set a secret reminder on your phone to do this. Be careful with naming the nightly alarm – kids can read and then seeing “Put gift in fairy house” could ruin the magic.

- **Stay consistent.** Like any meaningful habit, this approach works best when you stick with it. Children thrive on predictability. The steadier and more dependable you are, the safer and more excited your child will feel.
- **Remember:**
 - *You’re modeling the magic behind the scenes.*
 - Your consistency becomes their consistency.
 - Your energy becomes their excitement.
 - Your patience becomes their trust.

You’ve already taken the first step by picking up this book. Now, take a deep breath, lean in, and let the connection grow—one bedtime at a time.

Real-Life Scenarios:

How to Guide, Prepare, and Respond

Children are beautifully unpredictable, and no two days will look exactly the same. Below are a few common bedtime and morning situations—organized from most ideal to most challenging—along with simple suggestions to help you handle each with confidence and calm. The *Fairy Goodnight* method is about consistency, encouragement, and steady modeling from you, the adult.

Best-Case Scenario

Your child notices that it's almost bedtime and begins their nighttime hygiene routine without being asked. They put on their pajamas and ask you to read a bedtime story or talk about their day.

This is your ideal moment. Say yes—and make it count.

- Turn off the TV, put down your phone, and be fully present.
- Sit with your child, tuck them in, and ask open-ended questions like: *“What was your favorite part of the day?”* or *“Did anything surprise you today?”*
- Keep the tone light and loving.
- Use this opportunity to introduce the guided meditation in the book. Help them practice deep breathing, then invite them to close their eyes and imagine their favorite place. Ask them to describe it:

- What does it look like?
- What do they smell?
- How does it feel outside?
- Why is this their favorite place?

This teaches your child how to calm their thoughts, build imagination, and look forward to bedtime as a soothing, positive experience.

Once your child drifts off to sleep, quietly place a small treasure or note in the fairy house.

This approach teaches your child that:

- Taking initiative feels good and builds confidence.
- Being present with someone you love is special.

Bedtime can be a peaceful, comforting part of the day.

Imagination is powerful and calming.

Kind actions and follow-through are noticed and appreciated.

Acceptable but Begrudging Behavior

Your child does not begin their nighttime or morning routines on their own, and you need to remind them. They complain or move slowly but eventually follow through and complete the expected tasks without outright refusal or disrespect.

This kind of behavior is very common—especially during transitions, growth spurts, or tired days. While it's not ideal, it's still progress. The key here is to acknowledge effort, even when it's reluctant, and to keep your own tone steady and supportive.

Here's how to respond:

- Gently prompt your child:

"Hey sweetie, it's time to get ready for bed. Pajamas, teeth, and face, please."

- If they groan or move slowly, don't escalate. Use calm reminders and encouragement:

"I know you don't feel like it, but I believe in you. Let's get it done so we can have a few minutes to wind down together."

- If they complete their tasks—no matter how slowly or unenthusiastically—acknowledge the follow-through:

"You did it. I noticed you weren't feeling it tonight, but you still showed up and got through it. That matters."

You can still offer time together—read a shorter chapter, do a brief breathing exercise, or simply sit with them for a minute. This keeps the connection strong without over-rewarding begrudging behavior.

At night, you may still place a small treasure in the fairy house—especially if the child completed their tasks with only one or two reminders and no disrespect.

In the morning, if they continue to show reluctant cooperation, acknowledge the effort again:

"You got it done. Not every day is easy, and that's okay. It feels good to push through even when you don't want to, doesn't it?"

Let them check the fairy house afterward. When they find the treasure, say:

"Looks like Fairy Goodnight noticed your effort—even if it was a tough start. She rewards not just perfect behavior, but honest tries too."

This approach teaches your child that:

- Cooperation matters even when it's hard.
- Respectful effort counts.
- Their feelings are valid, but so are expectations.

Good Night / Rough Morning

Your child has a peaceful evening but struggles in the morning—perhaps refusing to get dressed, being rude, or not completing their tasks.

In this case, do **not** visit the fairy house before school.

- Instead, remove the treasure you placed during the night before your child returns home.
- After school, check the fairy house *together*. If your child is disappointed, stay calm and grounded.
- Gently explain:

“You did a great job last night, but the full job includes both bedtime *and* the morning. A reward only comes when the whole job is done.”

Offer relatable examples:

“Imagine if the bus driver only took you halfway to school, or if a restaurant only cooked your food halfway. Fairy Goodnight expects the full job to be done kindly and completely.”

Reassure them:

“It’s okay. You’re still learning, and you’ll have another chance tonight.”

Take a moment to say how much you enjoyed your time with them the night before, and how you’d love the morning to feel just as kind and connected.


Challenging Night and Morning

Your child refuses to cooperate in the evening, doesn't complete their routine, and struggles again in the morning.

In this case, you do **not** leave a treasure—and you do **not** apologize for it.

- Calmly remind your child:

“Fairy Goodnight only visits when a job is well done.”

 **Important:** Never say Fairy Goodnight will never return or threaten them with permanent consequences. That will erode trust and end the magic.

Children always deserve another chance to try again.

These are the moments where **your consistency and calm matter most.**

Don't tolerate rudeness or defiance, but don't meet it with anger either.

If your child refuses to stop playing a game, calmly remove the game:

“This game is a privilege, not a right. It will be put away for one week so you can practice respectful behavior.”

Offer alternatives—bedtime stories, gentle music, or the guided meditation.

Make it clear their behavior was not okay, but that your love for them is bigger than any disagreement.

If they refuse your offer, that's okay too. The seed of your kindness has still been planted. Let them know:

“I love you and I always treasure our time together. You'll have another chance to try again tomorrow.”

Never Reward Unwanted Behavior 🚫

It can be incredibly tempting—especially during a meltdown, a rushed morning, or when your child’s behavior is testing your patience—to just give in and keep the peace. But let’s be honest: **effective parenting isn’t about taking the easy way out.**

🔑 **It’s about showing up, staying steady, and doing what’s right even when it’s hard.**

Maybe your child refuses to get dressed, and you end up helping them even though they’re fully capable. Or perhaps they whine for a second snack, and you say yes just to avoid another power struggle.

- These may seem like small accommodations in the moment, but **each time we reward unwanted behavior**, we send a powerful message:
 - “If you protest long enough, I’ll give in.”
 - “If you misbehave, you’ll get what you want.”
- While it may stop the current struggle temporarily, **it teaches the child to repeat the behavior** any time they want something—or want to avoid something. Over time, this can lead to bigger and more frequent power struggles, decreased respect for boundaries, and confusion about expectations.
- Children learn what is acceptable not by what we say—but by what we do. When we reward negative behavior, we unintentionally reinforce it. If a child throws a tantrum and gets a reward, they learn that tantrums are an effective way to get treats. If they’re disrespectful and still get

special privileges, they learn that kindness and cooperation aren't necessary to earn trust or rewards.

- That's why it's so important to hold firm—calmly and lovingly. You can still acknowledge their feelings by saying: "I understand you're upset. When you're ready to speak kindly, I'm here to listen."
- Holding that boundary teaches your child self-regulation, patience, and the value of respectful communication. And while it's hard in the short term, it builds a much more peaceful, respectful relationship in the long term.
- So long story short – Fairy Goodnight doesn't bring anything – zip, nada, nothing - to children when they misbehave. Period.
- If the child cries and wants you to fix it. Simply say, "Sorry sweetheart, the only person that can fix this is you and your choices. Make good choices."

There's a flip side to not rewarding negative behavior—and that's accidentally feeding it with too much attention. Harping on it. Lecturing. Overreacting. When a child is craving attention, even negative attention can feel like a win. And if every outburst or misstep leads to a long discussion, a drawn-out reaction, or emotional intensity, the behavior is likely to repeat.

 **The key is to stay calm, be brief, and move on.**

Address the behavior in a clear, direct way:

"That wasn't okay. We don't act that way in this family."

Then redirect your attention. If your child is upset, it's okay to let them be upset. Emotions are normal—and learning to sit with those feelings is part of growing up. You can gently say,

“It’s okay to be sad or frustrated. I’m nearby if you need me, but I’m going to go take care of a few things.”

Then go fold laundry, check the mail, start dinner—anything that shows you’re steady and in control, not rattled or reactive.

Of course, always use your best judgment. If your child is being unsafe—harming themselves, others, or property—you must intervene immediately and appropriately. But for most day-to-day frustrations, less drama and more calm leadership will go a long way.

Always Reward Positive Behavior

It's not about expensive gifts or sugary treats—children crave connection. Like all people, they want to be seen, heard, and valued. One of the most powerful rewards you can give your child is simply your presence, your attention, and your kind, encouraging words.

When your child makes an effort—whether it's brushing their teeth without a reminder, helping a sibling, or calming down after being upset—notice it, notice them, and praise them for the good behavior. Children bloom under genuine, specific praise.

 **Let your child know you noticed. Say it out loud. Make them feel seen.**

Here are a few simple phrases you can use to build connection and encourage more of the behavior you want to see:

- “I saw how you started your bedtime routine all on your own—that showed a lot of responsibility.”
- “You were really kind to your brother just now. I’m proud of how you handled that.”
- “Thank you for listening the first time. That made everything go so much smoother.”
- “You looked a little frustrated, but you stayed calm. That’s not easy—I noticed.”
- “I love how you got yourself ready this morning without any reminders. That helps everyone.”

✨ Build in small moments for positive attention, especially when things are going well. This helps prevent negative behavior from being the main way your child gets your focus. Some easy ways to connect:

- Invite your child to help with dinner or fold towels together—just for the time together.
- In stores, ask your child to help you with spotting certain things on your list. This helps them feel seen and they'll focus more on helping you than on getting things.
- Reward your child more often with praise and attention instead of gifts and sweets. This builds their ability to appreciate and use intrinsic rewards.
- Ask them to teach you something they know how to do.
- Sit on the floor and build something with them—even for 10 minutes.
- End the night with a snuggle and a question like:
 - “What was something that made you smile today?”
 - “Did anything happen today that you want to tell me about?”
 - “What’s something you’re excited for tomorrow?”

These moments don't need to be long—but they do need to be intentional. When your child knows you see their good behavior and care about their thoughts, they'll want to offer more of their best self.

Final Thought:

You are the steady anchor your child needs. Consistency, even in small ways, builds trust. Show up. Try again. Model the calm you want to see in your child. That's where the real magic lives.

My Why

I was a busy single parent, doing everything I could to keep us afloat. Being late for work wasn't just frustrating—it was terrifying. I was the only income, the only backup, the only plan. If I lost a job, we lost our cozy home, our good food, and the fragile sense of stability I'd worked so hard to build.

That kind of pressure changes you. It makes mornings feel like war zones, and bedtimes feel like battlegrounds. I was scared. I was stressed. Even when I tried to hide it, my daughter felt it. She watched me—every rushed sigh, every impatient answer, every moment I was too tired to connect. Slowly, I saw her change. The sweet, curious sparkle in her eyes was dimming. She was starting to grumble, roll her eyes, resist everything—not out of rebellion, but because she was modeling me.

That realization hit me hard.

I wanted more for her. I wanted more for both of us. And I knew that real change couldn't come through force, yelling, or guilt. It had to come from *me*. If I wanted to raise a child who felt safe, loved, and respected, I had to lead the same way. I had to shift the energy in our home from control to connection—from survival to something gentler.

This wasn't about perfect parenting. It was about building something sustainable and meaningful. Routines that didn't just get us out the door—but brought us closer together.

Bedtimes that weren't about shutting down, instead they were about opening up, connecting, and finding comfort.

And through that journey, I discovered a different kind of magic. The kind that comes when a child feels seen, and a parent chooses grace over urgency. That's what *Fairy Goodnight* is really about. And that's what I'm hoping this guide will help you bring into your own home.

How This Works:

The Psychology Behind the Magic

This approach isn't a trick or a gimmick. It's built on simple, powerful principles rooted in emotional development, behavioral psychology, and connection-based parenting. You don't need a degree in psychology to understand it—but once you see how it works, you'll never look at daily routines the same way again.

1. Children Mirror Our Energy

Kids don't just hear our words—they absorb our *tone*, our *posture*, our *emotions*. When we're rushing, snapping, or overwhelmed, they feel it. Even when we think we're hiding it, they model it. If we want our children to regulate their emotions and follow routines calmly, we have to show them what that looks like first.

Change starts with the parent—not by being perfect, but by being present.

2. Responsibility Builds Confidence

Many routine struggles come from a child feeling either powerless or overwhelmed. By slowly giving them *age-appropriate ownership* over tasks (like choosing pajamas, brushing teeth, or packing their backpack), we shift

them from feeling *controlled* to feeling *capable*. This builds intrinsic motivation—not just compliance.

When a child feels empowered, they're more willing to cooperate.

3. Rituals Create Safety

Routines can feel rigid. Rituals, on the other hand, offer predictability with emotional warmth. Adding soft touches like a consistent bedtime story, a quiet moment together, or a candle to blow out helps children feel grounded. Rituals tell your child: *“This moment is safe. I am with you. You are not alone.”*

Safety is the soil where cooperation and growth bloom.

4. Connection Before Correction

When a child resists, the instinct might be to demand or correct. But resistance is often a signal that they need something—attention, reassurance, or a sense of control. By connecting first—kneeling to their level, making eye contact, or offering a gentle touch—we create the emotional opening that allows behavior to shift.

Children listen best when they feel heard first.

5. Reflection Builds Emotional Intelligence

After the morning or bedtime routine is complete, take a moment to reflect together. “What went well?” “What felt hard?” “What helped you stay calm?” These questions help your child build self-awareness, which over time becomes self-regulation. You’re not just getting through the moment—you’re teaching them skills that last a lifetime.

Tiny conversations lead to big understanding.

This approach takes a little extra intention at the beginning—but the payoff is lasting peace, deeper bonds, and a confident child who knows they are safe, seen, and capable.

Before the Magic:

A Letter from the Author

I think there are some things that are important for you—the adult—to understand about me and why I created *Fairy Goodnight*.

I didn't write this story because I'm a parenting expert or a child psychologist. I'm not. But I *am* a parent who's done the research, put in the work, and witnessed the impact this method can have. What you'll find in these pages didn't come from a textbook—it came from real life.

I developed the *Fairy Goodnight* approach in my own home, and I shared it with other families who were struggling to find peace and connection in their bedtime routines. The results were transformative. Children felt empowered. Parents felt less stressed. And most importantly, those small nightly moments began to build deep, lasting bonds.

My daughter is now a successful, confident woman, and to this day, we are close and connected. I truly believe that the habits and loving structure we created when she was young helped shape that bond—one that has endured through every stage of our lives together.

This isn't a quick fix or a gimmick. It's a gentle invitation to be more present, more consistent, and more intentional. If you're willing to show up,

even when it's hard, the rewards go far beyond a smoother bedtime—they reach into the heart of your relationship with your child.

My Background

To help you understand my background. I didn't have an idyllic childhood, or a library of wise parenting practices passed down through generations of successful adults.

I created this because I was a scared and exhausted single mom trying to hold everything together while working two jobs and attending night classes—and something had to change. *I had to change.*

My backstory isn't unique or particularly more or less tragic than the next. Life is hard for everyone—this was just *my* hard.

Growing up, we moved a lot—my parents always chasing rent we could barely afford. I didn't know words like *"economic hardship"* or *"recession."* I just knew what it felt like to pack up our things, again and again, and leave behind whatever small sense of stability we'd built.

I was perpetually the new kid at school. Always starting over. Always trying to figure out where I belonged. And having bright red hair? That definitely didn't help. I stood out in every classroom, every cafeteria, every playground. Not in a way that made me feel special—just different.

My parents worked hard. My dad worked endlessly. My mom dropped out of high school to help raise her siblings and never regained a foothold

in the workforce. She stayed home with us—not because it was a choice, but because daycare cost more than she could earn. That stress and worry became the air our family breathed—and like many kids in chaotic homes, I became a survivor.

School was tough. I struggled with learning differences (often called disabilities- but I don't like that term)—though I didn't know that's what they were at the time. I just assumed I was born stupid.

I spent a lot of time being pulled out of class for “special help,” feeling embarrassed and left behind. I didn't have the words for what I was going through, only the weight of it. It felt like everyone else was moving forward while I was standing still.

Well-meaning adults tried to comfort me. My mom and aunts often reassured me that I was pretty—as if that could balance things out. But with bright red hair and a face full of dark freckles, I didn't even feel pretty. I felt like a freak. And more often than not, compliments came with a sting:

“Be thankful you're pretty—

because pretty girls don't need to be smart.”

Ugh.

Those words stuck with me longer than they should have – but words have a way of doing that, don't they? I spent years believing that being smart

just wasn't meant for me. But here's the truth I wish someone had told me back then: Struggling doesn't mean you're broken. And different doesn't mean less than.

By seventeen, I was working nearly full-time at Walmart. My mother encouraged me to drop out of high school and focus on earning money. It made sense—after all, the only class I was genuinely good at was art, and my parents couldn't afford to send me to art school. Everyone already knew I wasn't "good" at school, so what was the point in wasting any more time there?

But something shifted when I walked into my principal's office and announced that I intended to quit school. He teared up and cried. He didn't let me quit school that day and instead, he found a way—through work study—that allowed me to keep working *and* graduate. I earned that diploma and graduated. No one from my family showed up for the graduation ceremony and there were no celebrations.

I went straight into the working world: fast food, retail, juggling two or three jobs just to stay afloat.

I thought maybe, if I were lucky, I'd find a husband before my looks faded and eventually get to stay home and raise my own family. Not once did it cross my mind that I would one day become a writer – I wasn't even a good reader and let's not talk about spelling.

At 20, I met a guy, and he was cool in-the-moment—but overall, he wasn't important...it was meeting his parents who changed everything. His mom was elegant, educated, and graceful. She had a way about her that made me want to act like a lady—like something more than just a flirty giggly girl. His dad? A high-ranking federal official with one of the coolest jobs I'd ever heard of. But what struck me most about his father was that *he took time to see me*. I wasn't just something in the way. He asked me real questions—about what I thought about things going on in the world, how I felt, what I believed.

He didn't seem to see me as “that struggling girl” from a broken background. His conversations made me feel like someone smart, capable, and worth investing in.

He didn't know I'd been labeled “special ed” my whole life. He just saw my natural curiosity, my love of people, and my ability to sense when someone wasn't being truthful. He told me I had a sharp mind and asked me why I wasn't in college. *College? Wait, what?*

I didn't have an answer. *A sharp mind—who, me?*

Side note, folks: Your words matter.

His words transformed mountains of “Can Not's” into curious little piles of “Why Not's?”

So, the very next day—after that heavy conversation—I went to the local community college, just to check it out. I had no idea what I was doing, but

I ended up filling out an application. While I was there, one of the advisors explained financial aid and helped me apply for that too. (*Huh... you mean poor kids **can** go to college?*)

That single decision changed my life.

College introduced me to psychology, to learning about myself, and—most importantly—to finally understanding that I’m dyslexic... not stupid. With the help of a coach who specialized in dyslexia (provided free by the college, no less), I began to learn how to work with my brain instead of against it. And it turns out—I wasn’t bad at math after all. I was actually great at it. I just needed the right tools, and the right people around me.

And that’s really what this whole journey is about.

I wasn’t born with all the answers. I didn’t grow up with stability, or silver spoons, or certainty. But by God’s good grace, I found people who believed in me—and eventually, I started believing in myself, too.

If you’re reading this, I want you to know **you don’t have to be perfect.**

You just have to be *willing*.

- Willing to pause.
- Willing to connect.
- Willing to lead your child toward something softer, more joyful, and more grounded.

You’ll find the best version of yourself right there. And your child will, too.

Please know that *I see you*. I see what you're *trying* to do.

And *I believe in you*.

But the most important thing right now is this:

Trying is where the magic happens.