

Hello, Sleep!

Bedtime Affirmations for Kids

Help your little one in
the *bedtime wind down*.

- 😊 Sturdy, fun cards designed for kids
- 🧑 Appropriate for 2–5 year olds
- ✓ Reviewed by a registered paediatric psychologist
- ♻️ 100% recyclable packaging
- 📁 Perfect for gifting



About the cards

Bedtime with toddlers and preschoolers can be difficult. The **Hello, Sleep! Bedtime Affirmations for Kids** help little ones wind down by framing bedtime with a positive mindset through affirmations.

Affirmations are sentences and words that change the way we feel by saying and thinking positive things. Included in the pack are 40 affirmation cards, as well as one instruction card.

Designed to help process the day's big emotions and stimulate affirmative conversation and thoughts before sleep, these cards will help ease negative or anxious feelings and carry your child into slumber with positivity and reassurance.

How To Use

Incorporate one or two cards daily into the bedtime routine just before the goodnight kiss and cuddle, to establish a healthy sleep routine and positive thought patterns.

Features & Benefits:

- Developed alongside registered paediatric psychologist, Amanda Abel
- Simple, encouraging phrases that draw on evidence-based practices to establish a healthy growth mindset and build self esteem
- Colour coded into age-appropriate developmental themes
- Written with language and concepts that 2–5 year olds can understand
- Sturdy cards with rounded corners for safety and durability
- Fun, appealing colours and illustrations
- Nurture an enjoyable bedtime routine and secure connection with parent/caregiver
- Cost-effective gifting idea

Product details

Name:	Hello, Sleep! Bedtime Affirmations for Kids
Location:	Gifts, Accessories
Pack dimensions:	145mm x 100mm x 50mm (WxHxD)
Card dimensions:	130mm x 92mm
Details:	Age Recommendation: Toddler and Preschooler 2 years - 5 years Fabrication: 700 GSM — sturdy cards with rounded corners What's Included in Pack: 40 x Affirmation Cards, 1 x Instruction Card Availability: Year round

