



# Bedtime Meditation Script *For Kiddos & Caregivers*



Liza Kindred + eff this meditation



Hello, grown-ups!

I created this script for parents and caregivers to read to their own children at bedtime.

You might want to record yourself reading it. That way, your child can listen to it again and again, and you can free yourself up to do other things, while they get to listen as many times as they like.

I was inspired to make this by my sister Katrina and my wonderful niece. My sister has four kids who all need different things at bedtime. And she wanted to find a way to give her daughter what she needs—soothing from her mom until she falls asleep—while also being able to take care of her other kiddos—and importantly, herself!

May this benefit you *and* your little ones!

*Liza*



I have recorded a free, downloadable, audio version of this for you right here. You can use it as-is, or for inspiration as you record your own. ❤️

## Keep a few things in mind:

- **Personalize this!** Use your kiddos nicknames; add in your terms of endearment; make the soothing noises you naturally make for your little one. If you use different words, swap in your language. You might have a different mother tongue, or you might refer to “feet” as “tootsies.” This is all very welcome. This is about you creating a safe place for your beloved child—and you know how to do this best.
- Meditation should never be punishment, and it should never be forced or coerced. In fact, it is best if we **let go of any attachment to an outcome**. This isn't magic! But it's a tool for your caregiving toolbox, and like all tools, you will get the hang for how and when to use it.
- As you guide your child, imagine **you are giving gentle suggestions** or invitations, instead of directions or commands. This practice can even start before the meditation begins, as you prepare for bed.
- Importantly, make sure you **don't insist your child close their eyes before they feel ready**. Invite them to, but letting them choose when they feel ready contributes to their important sense of safety.
- **As the meditation progresses, you can introduce more spaciousness**—more silence (or gentle breathing, or soothing noises) between your words. Allow for tiredness to set in.



# Before you begin, create the setting

Creating the setting for a bedtime meditation will be very similar to the setting you already create for your kiddo for bedtime:

- a quiet environment with dim lighting
- cozy bedding and comfy pajamas to help them maintain their best sleeping temperature
- if you've found it helps them, a sound machine or eye mask

If you want to, you can also offer something that makes bedtime meditations special, which might be something like:

- a special scent, maybe lavender essential oil, on their pillow or the soles of their feet
- a special stuffed animal who likes to meditate with them
- a gentle massage on their hands or feet or scalp, before you begin the meditation

You know best what works for them, and what you have the energy to do on any given night. This is all ideal, but since life is rarely ideal, go gently on yourself as well as your child. There is room here for all experiences.

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# Bedtime meditation for kids

*Remember to personalize this as much as you like! Use soft and soothing tones, and if a smile is available to you, they will hear this in your voice. Use their name in the beginning, dropping that as you move through. Pace your words slowly, especially as you get towards the end of the meditation.*

## ~ Moving into our bodies

Okay, my little one. Let's get ready to start our bedtime meditation together. If you want to, you can join me in doing a GIANT STRETCH! Stretch your arms and your legs and make your mouth big like a tiger! Stretch-stretch-stretch..... and now you can *relax!*

Let's take a big breath together, breathing in and holding it! And now make your biggest exhale of the day. *(Do this with them, audibly. Noises are good here!)*

Maybe you can shake or wiggle your body around a little bit to get yourself as comfy as you can in your bed. Maybe you want to move like a tired worm, or a sleepy dolphin, under your blankets.

Now let's let our bodies be still, and wiggle just our fingers and toes. And then when you are ready, let's let them relax, too.

And we can use our big exhales to let any more energy out of our bodies. (Do long slow exhales audibly.) Remember, my sweet child, you can use your exhales to help your body let things go, any time you want to.

And you can sleep anytime you want to. You are safe.

# Bedtime meditation for kids, *continued*

## ~ Offering invitations & suggestions

It's bedtime now, and so things are slowing down. The sun is resting, and so can you. The birds and animals outside are resting. They have had their own bedtimes, and now they are going to sleep.

It has been a long (*fun? exciting? add your own words here*) day, but the day is over now and it is nighttime.

I am right here with you, and I want to offer you an invitation, my sweet darling child. I want to invite you, when you are ready, to close your eyes, if you haven't already.

You don't have to squeeze them shut, you can just let them gently rest. Maybe your eyes feel a little heavy. Maybe parts of your body, or even your whole body, feels a little heavy, because it knows it is bedtime, and that we can relax.

When your body feels ready, you will fall asleep. Tonight you might have deep sleep, and you will wake up feeling so good and rested tomorrow morning. Or maybe you will have dreams, which are your imagination telling you a story. Or maybe you will wake up once or twice, and if you do, maybe you will wiggle your fingers and toes, or maybe you will make some big tiger breaths, letting your breath help your body relax.

And while you sleep, I will be here in our house (*apartment? the room next door? personalize this*) and you will be safe. You can relax. You are safe. I love you. You will fall asleep soon.

# Bedtime meditation for kids, *continued*

## ~ Moving into sleep

*Speak slowwwly and softly. Allow spaciousness to unfold here; offer them a place to drift off from.*

While your eyes get heavy, and your body moves into sleep, I will remind you of some special things, some special reminders for a very special child:

- You are important to me. When I think of you, my heart is full of love.
- If you make mistakes, I will still love you. I will always love you. I am right here, my sweet darling child. And I will always love you.
- You are good and kind and smart. You are funny and fun, and you work so hard. I love watching you work, and play, and laugh.

While you are sleeping, and while I am sleeping, I am loving you.

*Add personalized mantras or reminders for your child here. Maybe they are a generous sibling, or a creative artist. Maybe it's important to you that they know how capable they are. This is the time to reflect all the wonderful things you know and wish for them.*

When you are ready, your body will gently take your sleep.

Breathing in, and breathing out.

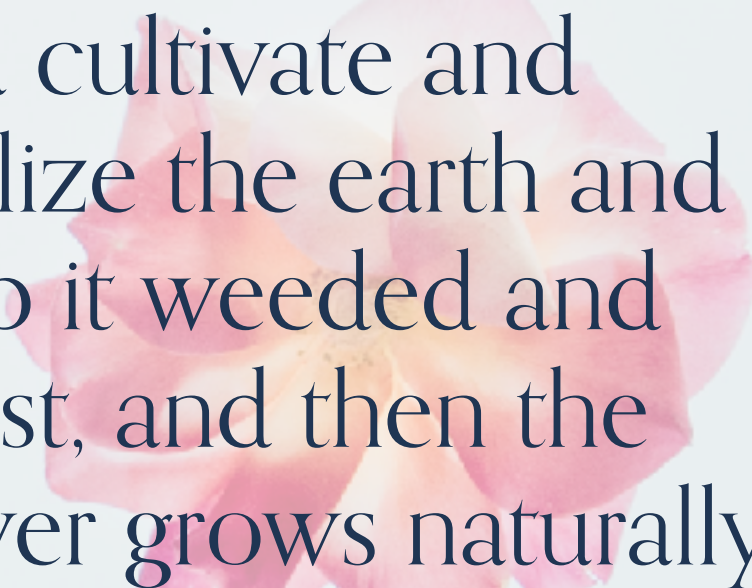
Breathing in, and breathing out.

Breathing in, and breathing out.

*/end when you are ready*

You don't grow the  
flower.

You cultivate and  
fertilize the earth and  
keep it weeded and  
moist, and then the  
flower grows naturally.



~*Ram Dass*



# Let's stay connected



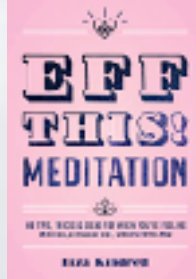
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