

# PDA Bedtime Routine Reset

One-page nervous system plan for calmer nights (PDA + AuDHD).

## Why bedtime triggers PDA

- Fatigue lowers regulation
- Stopping feels like loss of control
- Demand stack escalates fast

## Parent nervous system first

- Lower light, slower voice, less words
- Wait to problem-solve tomorrow
- Stay steady: calm boundary + warmth

## Demand detox routine

- Do hygiene earlier if possible
- Cut non-essential expectations
- Keep bedtime steps minimal

## Autonomy in safe ways

- “Music or silence?”
- “Lamp or dim lights?”
- “Story first or teeth first?”

## External cues beat prompting

- Same wind-down playlist nightly
- Visual timer for last 10 minutes
- Written 3-step routine on wall

## Regulation supports

- Snack + water if needed
- Pressure blanket / deep pressure
- Warm shower earlier can help

## Connection before control

- Name safety: “I’m not here to fight”
- Repair if it escalates
- Protect relationship

## When it blows up

- Pause. Regulate YOU first.
- Short phrase: “We’re safe.”
- Quiet presence (body double)