



WEEK TO SLEEP™

Key Phrase

After you tuck your child in and leave the room, the **only** thing you will say to your child is the key phrase, nothing else regardless of what they do or say to you.

It's time for bed.
I love you, goodnight."

You will take your child back to their room, put them back in bed and say the key phrase one time.

The way you say this phrase is crucial for success.

Say the phrase like a run on sentence, quickly, quietly, and in a business meeting tone.