Sweet Dreams, No Drama

BEDTIME SURVIVAL COUPONS

to calm the chaos

HOW IT WORKS

✂️ **Step 1:** Print, Cut & Keep

Print out the coupons you want. Carefully cut out each coupon and keep them in a special place—like a jar, envelope, or "Bedtime Bank." (pages 2–4 Made For You Coupons, pages 5–8 Fill In Your Own Coupons)

🌟 **Step 2:** Choose Your Coupon

Each night, choose ONE coupon to use at bedtime.
Pick wisely... once it's used, it's gone!

⏰ **Step 3:** Use It at the Right Time

Coupons must be used before lights out—not after bedtime begins.

👑 **Step 4:** Parents Are the Boss

All coupons are subject to parent approval.
Parents have the final say (always 😉).

🔁 **Step 5:** Earn More Coupons

Blank coupons have been added with the font, size, & case so you can create your own! Write them in by hand or edit on Canva (or any other PDF/photo editing tool that adds text!)

COUPONS CAN BE:

- Earned for good behavior
- Given as rewards
- Refilled weekly (house rules!)
-

🚫 **IMPORTANT RULES**

- One coupon per night (unless parent says otherwise)
- No arguing or negotiating after using a coupon
- Misuse = coupon is lost

💖 **REMEMBER**

These coupons are here to make bedtime:

- Easier
- Calmer
- More fun for everyone

Goodnight, Sleep Tight! 🌙✨

Created By MaternalMenace.com

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

WINE-O-CLOCK

1 Hour Wine Drinking Extension

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

SLEEP DUTY SWAP

You Handle the Wake Ups Tonight

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

BEDTIME DJ

My Choice of Music for Bed

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

FOOT MASSAGE

Relaxing Foot Massage Before Bed

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

QUIET ZONE ENFORCEMENT

Enforce Silent Sleep
No Late Night Snack & No Light Flicks

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

MY CHOICE

Whatever I Say Goes

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

NIGHT OWL REPRIVE

Stay Up Late, No Alarms,
No Judgement

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

DATE NIGHT

Home Date Night After Kids Go to Bed

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

QUIET TIME

20 Minutes of Silence

BEDTIME SURVIVAL COUPON

Goodnight, Sleep Tight — Maternal Menace

SELF-CARE

1 Hour in the Bathroom/Bedroom Alone,
Keep the Kids Out

ADULT ☞ KID COUPONS

BEDTIME COUPON

NO BEDTIME BATTLE

Goodnight Sleep tight

Skip the tatrum tonight

NO EXPIRATION DATE

BEDTIME COUPON

SLEEP NINJA

Goodnight Sleep tight

Sneak to bed like a ninja- Don't get caught!

NO EXPIRATION DATE

BEDTIME COUPON

PAJAMA BOSS

Goodnight Sleep tight

You are in charge of bedtime tonight

NO EXPIRATION DATE

BEDTIME COUPON

SLEEP IN PASS

Goodnight Sleep tight

Sleep in 1 hour late

NO EXPIRATION DATE

BEDTIME COUPON

CUDDLE SESSION

Goodnight Sleep tight

Extra cuddles before bed- No complaints!

NO EXPIRATION DATE

BEDTIME COUPON

QUIET TIME

Goodnight Sleep tight

10 minutes absolute silence

NO EXPIRATION DATE

BEDTIME COUPON

SKIP 1 LULLABY

Goodnight Sleep tight

No singing tonight

NO EXPIRATION DATE

BEDTIME COUPON

NO QUESTIONS

Goodnight Sleep tight

No ???s after lights out

NO EXPIRATION DATE

BEDTIME COUPON

NO COMPLAINTS

Goodnight Sleep tight

No complaining tonight

NO EXPIRATION DATE

BEDTIME COUPON

MY CHOICE

Goodnight Sleep tight

Whatever I say

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Dream Negotiator

GOODNIGHT, SLEEP TIGHT

No Bad Dreams Tonight

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Dance Party

GOODNIGHT, SLEEP TIGHT

Play Dance Statues Before Bed

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Teddy Bear Bring-a-Long

GOODNIGHT, SLEEP TIGHT

Bring Favorite Toy to Bed

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

No Lights-Out Rush

GOODNIGHT, SLEEP TIGHT

Take Time Getting Settled into Bed

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Star Gazing Time

GOODNIGHT, SLEEP TIGHT

Check Out the Stars After Lights Out

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

LaLaLullaby

GOODNIGHT, SLEEP TIGHT

Sing or Play Me a Lullaby of My Choice

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Quiet Time Pass

GOODNIGHT, SLEEP TIGHT

Extra Quiet Play Time Before Bed

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Warm Drink Treat

PARENT APPROVAL NEEDED

GOODNIGHT, SLEEP TIGHT

Extra Warm Milk or Sleepy Tea Before Bed

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Let Me Finish

GOODNIGHT, SLEEP TIGHT

Stay Up to Finish Activity Up to 30 Minutes

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

Pajama Day

GOODNIGHT, SLEEP TIGHT

Wear my Favorite PJs All Day

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

What Coupon Allows

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

COUPON NAME

GOODNIGHT,
SLEEP TIGHT

What Coupon Allows

NO EXPIRATION DATE

EXAMPLE

BEDTIME SURVIVAL COUPON

THIS COUPON IS GOOD FOR

_____

_____

GOODNIGHT,
SLEEP TIGHT

NO EXPIRATION DATE

FONTS USED IN EXAMPLE **20 PT – LAZY DOG** *Italics - 9.3 pt - Agrandir*



FONTS USED IN EXAMPLE

19 PT - CAPITALIZE - ABRIL FAT FACE

12 pt - Noto Serif Ethiopic Condensed









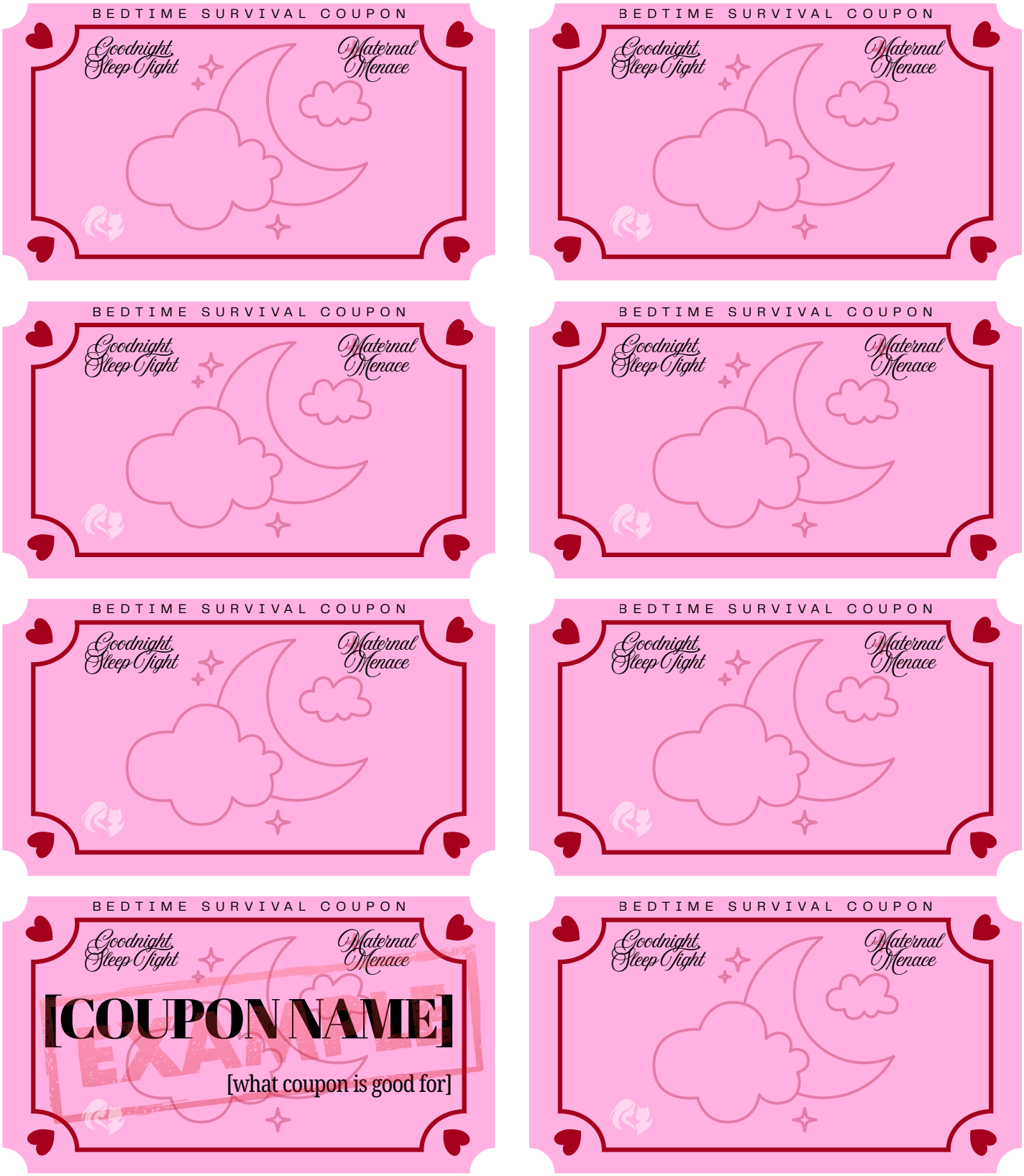


FONTS USED IN EXAMPLE

22 PT - CAPITALIZE -BEBAS NEUE

11 pt - Garet





FONTS USED IN EXAMPLE

29 PT - CAPITALIZE - ABRIL FATFACE

12 pt - Noto Serif Ethiopic Condensed