My bedtime routine

Same steps, same order, every night.

Name: _____

Screens off at	Lights out at	Wake up at
_____	_____	_____

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Screens off and charging outside my bedroom							
2 Put toys away							
3 Bath, shower or wash up							
4 Pajamas on							
5 Brush teeth							
6 Toilet and wash hands							
7 Clothes ready for tomorrow							
8 Story or quiet reading							
9 Hug and goodnight							
10 Lights out							
_____							

Tick each step when it is done. Grown-ups: fill in the three times together. Cross out any step that doesn't fit your child, or use the cards on page 2 to build your own order.

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Bedtime step cards

Cut out the steps you use and put them in order on the wall, the bedroom door or a ribbon. Blank cards are for your own steps.



Screens off



Toys away



Bath time



Pajamas on



Brush teeth



Toilet and wash hands



Clothes for tomorrow



Pack my bag



Story time



Hug and goodnight



Lights out

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