

# Our Bedtime Routine

Calm Body ♥ Happy Mind ♥ Sweet Dreams

Same Steps  
Every Night  
= Less  
Negotiation!

## 1 Tidy & Transition



Put away toys and say goodnight to the day.

## 2 Bathroom Break



Potty, brush teeth, wash face.

## 3 Cozy Up



Get into pajamas and snuggle up.

## 4 Quiet Time



Take a few deep breaths. Let your body relax.

## 5 Choose a Book



You pick the book we read tonight!

## 6 Read Together



Cuddle up and enjoy your story.

## 7 Lights Out



Time for sleep. Goodnight!

Same Routine  
Brighter Mornings!

- ✓ Fewer arguments
- ✓ A calmer bedtime
- ✓ Happier kids
- ✓ More restful sleep
- ✓ Brighter tomorrows

A predictable bedtime routine helps everyone feel safe, calm and connected.