

Our Bedtime Routine

Same steps, every night — so bedtime feels calm and safe.



	M	T	W	T	F	S	S
 Bath time	☐	☐	☐	☐	☐	☐	☐
 Pyjamas on	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Story time	☐	☐	☐	☐	☐	☐	☐
 Cuddle & chat	☐	☐	☐	☐	☐	☐	☐
 Lights out	☐	☐	☐	☐	☐	☐	☐