




My BEDTIME Routine



Helping Little Ones Wind Down With Love & Consistency



Child's Name: _____ Age: _____ Bedtime Goal: _____ PM

MY BEDTIME STEPS ★	MON	TUE	WED	THU	FRI	SAT	SUN
 <p>1 CLEAN UP TOYS A tidy space helps us sleep better!</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>2 BATHTIME Wash away the day and relax.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>3 BRUSH TEETH Strong teeth, bright smile!</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>4 PAJAMAS ON Cozy clothes for a good night's rest.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>5 READ A BOOK Stories calm our minds and hearts.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>6 GRATITUDE OR PRAYER Thank God for today and tomorrow.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <p>7 LIGHTS OUT Time to sleep and dream big!</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5 GREAT BEDTIMES = PICK A FAMILY TREAT!

★ ★ ★ ★ ★

1 2 3 4 5

You did it! Now choose your reward!

 EXTRA STORY
 DANCE PARTY
 MOVIE NIGHT
 PANCAKES SATURDAY MORNING

HOW DO YOU FEEL BEFORE BED?

 Happy
 Okay
 Sleepy
 Worried
 Sad
 Frustrated

It's okay to feel how you feel. Talk, pray, and breathe. ♥

BEDTIME AFFIRMATIONS ♥

★ I am safe.
 ★ I am loved.
 ★ My body deserves rest.
 ★ I can do hard things.
 ★ Tomorrow is a new day!

SLEEP WELL. DREAM BIG. YOU'VE GOT THIS! ♥



PARENTS:

Consistency creates confidence. Celebrate the small wins and keep showing up with love. You're doing an amazing job! ♥

YOU'VE GOT THIS!

★ TIPS & REMINDERS

- Start the routine at the same time each night.
- Keep it calm, loving & screen-free.
- Praise progress, not perfection.
- Routines today, peaceful tomorrows. ♥

Share your success!

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