





# 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><b>1 CLEAN UP TOYS</b> 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><b>2 BATHTIME</b> 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><b>3 BRUSH TEETH</b> 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><b>4 PAJAMAS ON</b> 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><b>5 READ A BOOK</b> 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><b>6 GRATITUDE OR PRAYER</b> 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><b>7 LIGHTS OUT</b> 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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