

Bedtime Routine Chart

Week of: _____



My Bedtime Steps	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Tidy toys	☐	☐	☐	☐	☐	☐	☐
 Bath or wash	☐	☐	☐	☐	☐	☐	☐
 Pyjamas on	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Toilet / potty	☐	☐	☐	☐	☐	☐	☐
 Story time	☐	☐	☐	☐	☐	☐	☐
 Cuddle & lights out	☐	☐	☐	☐	☐	☐	☐

Stars this week: ☆ ☆ ☆ ☆ ☆ ☆ ☆

No screens before bed