

Bedtime Routine Chart

Week of: _____

Calmer Nights Brighter Days

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

HAPPIER NIGHTS • BRIGHTER TOMORROWS