

Calm Bedtime Routine

A gentle sequence that helps the body and brain slow down

My name: _____

Date: _____

One step at a time

Check a box when you finish each step.

1

Tidy a few toys

Put special toys in their home.

☐

2

Put on pajamas

Choose comfortable clothes for sleep.

☐

3

Brush teeth

Brush slowly and rinse.

☐

4

Choose a book

Pick one quiet story to share.

☐

5

Cuddle and breathe

Take three slow breaths together.

☐

6

Lights out

Rest your body and let sleep come.

☐

Tonight I need:

Today I feel:

☐

a hug

☐

a story

☐

quiet

The order can stay the same even when the time changes.

Simplee Parenting