

# My Bedtime Routine Checklist

Make your child's bedtime routine fun!

Use this checklist each night and encourage your child to check the box when they complete each activity.

At the end of the week, give them a simple reward such as their favorite food, extra screen time or letting them choose a small toy at the store.



Lay out clothes for the next day

Take a bath/shower

Bedtime snack

Brush teeth



Lunch/snack/  
water bottle packed

Last sip of water

Read a book

Bedtime hug/kiss

