



# BEDTIME ROUTINE

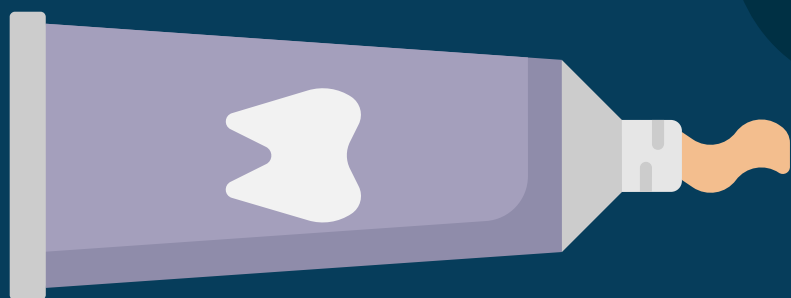
## 1. UNDRRESS

Help your toddler to undress and put dirty clothing in the laundry basket.



## 2. GO TO POTTY

Help your toddler to do the big thing while reading a book.



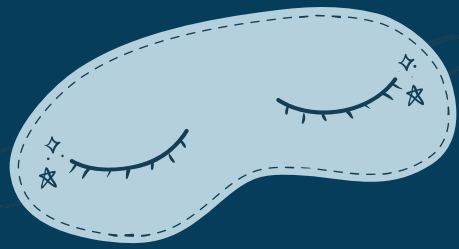
## 3. BRUSH TEETH

Help your toddler to floss and brush teeth while looking at a brushing book.



## 4. TAKE A BATH

Help your toddler to bath or shower before the night.



## 5. PJS ON

Take your toddler to bed, put cream, and PJs on while having a relaxing music at the background.



## 7. HUGS & KISSES

Spend 10-15 min just lying with your toddler on the floor. Hugs and kisses before going to the crib.



## 6. BOOK & SONG

Show your toddler the goodnight book 3 times. Explain that the day is over and share what you will do tomorrow. Hold a hand and sign a song.



## 8. LIGHTS OFF

Ask your toddler for help to shut the blinders and turn off the lights. Put on the white noise machine.