Our Bedtime Routine

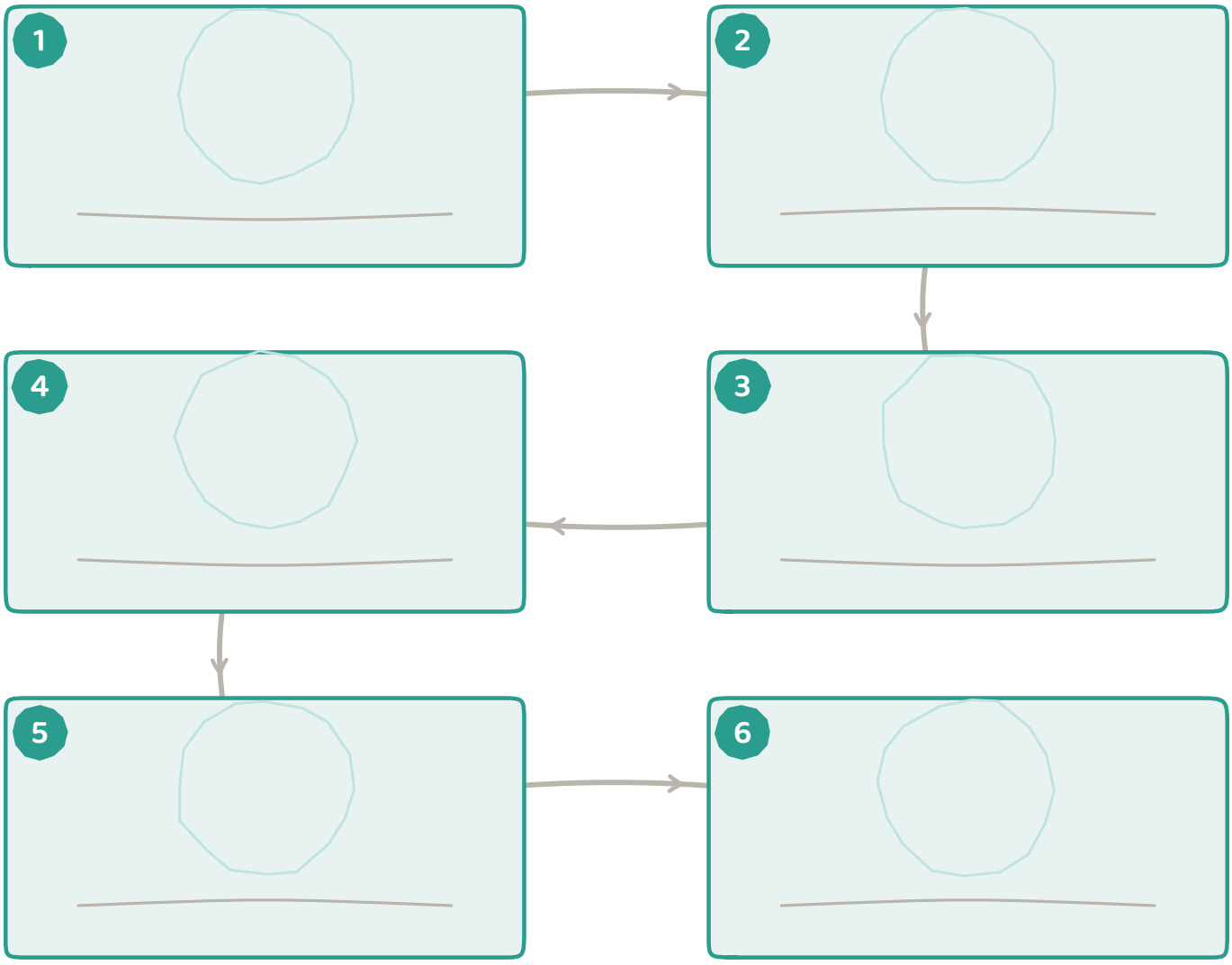
Build-Your-Own Routine

Same 6-card layout — write in whatever your family's actual routine is.

This routine belongs to: _____

Fill in the 6 steps that actually happen at your house, in whatever order works — not every family baths nightly, and that's fine.

No dates, no clock — the order is what matters, not the exact time.



Goodnight!

Same steps, same order, every night — that's what helps kids settle faster.

Skip a step on a hard night if you need to. Consistency over time beats a perfect routine tonight.