Our Bedtime Routine

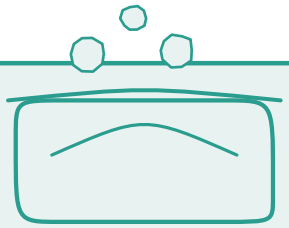
Picture Routine Cards

The 6 most common wind-down steps, ready to print and use tonight.

This routine belongs to: _____

Walk through the 6 cards in order every night.
Print, laminate, and check them off with a dry-erase marker, or just point as you go.
No dates, no clock — the order is what matters, not the exact time.

1



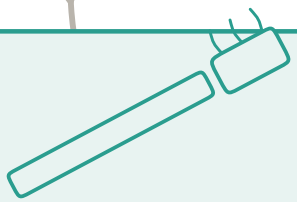
Bath

2



PJs

3



Brush Teeth

4



Story Time

5



Cuddle Time

6



Lights Out

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.