

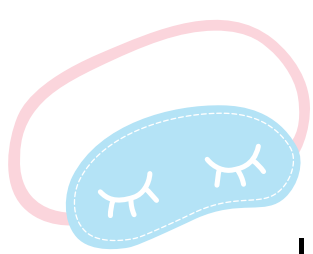
Bedtime Routine Cards



DISCLAIMER:

Always follow the advice of your Doctor or trusted Medical Professional

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Is your little one stalling and fighting bedtime? "Just one more book!" "Another cup of water!"

Here's a tip to help. Try bedtime routine cards. There are cards already made for you after this page that you can print off or just see as examples and make your own. You can use whichever cards suit your routine. There is even a blank one so you can add your own.

So what are bedtime routine cards?

Bedtime routine cards are visuals that show toddlers what comes next in their bedtime routine. Children thrive off of routine. So

hang up the cards in the order of their routine, and let them use the visuals to lead the way. After your toddler says which step is next, offer choices where you can. "This book or that one? This set of PJs or that one?"

Doing so can help gain cooperation from your toddler.



Bath



Pajamas



Brush Teeth



Read a Book



Sing a Song



Bedtime



