

# My bedtime



1



Bath

☐

2



Pajamas

☐

3



Teeth

☐

4



One book

☐

## HOW TO USE IT THIS WEEK

**Pick 4 calm steps.** Bath, pajamas, teeth, one book. Keep screens out of the routine.

**Same order, every night.** Predictability is the point. Resist adding steps on busy nights.

**End on something cozy.** Make the last picture something your child looks forward to.