

My Bedtime Routine

Name: _____

1



Bath
time



2



Pyjamas
on



3



Brush
teeth



4



Potty &
wash



5



Two
books



6



Cuddle
& song



7



Lights out, sleep tight



Tick each circle with a sticker or a crayon. Same steps, same order, every night.

Bedtime Pass Cards

For the “one more drink / one more hug” crowd. Cut out, then hand one or two over at the end of the routine.



Bedtime Pass

Good for **one** quick visit: a hug, a sip of water, or one question.



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How to use the passes

- ✓ Start with two passes; drop to one after a good week.
- ✓ When a pass is used, hand it to you — calmly, no chat.
- ✓ No passes left? Return them to bed with your key phrase, same words every time.

Morning reward

Unused pass in the morning? Swap it for a small, non-food reward: a sticker, choosing breakfast, an extra story tonight. Celebrate the effort, not perfection.