



Make a Night Routine!

Child's Steps

Clean up.

Plan ahead for tomorrow.

Brush teeth, potty and wash up.

Put on nightclothes.

Read and say goodnight.

Adult tips that might make it easier.

- Begin at the same time every night.
- Make sure the TV is off first.
- Have child put away toys in bedroom or play area.

- Pack book bag, place near door.
- Help child choose clothing based on weather and layout ready for the next day.

- Do all this at once to limit movement around the house.
- Encourage independence in the bathroom.
- Have a drink of water now.

- Ask child to put dirty clothes in laundry.
- Help only as necessary.

- Provide each child with pleasant, individual time with parent or adult.
- Snuggle and read a book.
- Turn on a night-light.
- Say goodnight.
- Come back and check on your child.