

My Bedtime Routine Checklist

Make your child's bedtime routine fun! Use this checklist each night and encourage your child to check the box when they complete each activity. At the end of the week, give them a simple reward such as their favorite food, extra screen time or letting them choose a small toy at the store.

Take a bath



Put on pajamas



Brush teeth

Go to the bathroom

Read a book

Turn off the light

Sweet dreams



ON OUR SLEEVES[®]

The Movement for Children's Mental Health

Wolfson 
Children's Hospital