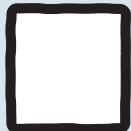


My Bedtime Routine Checklist

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.



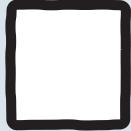
Take a bath



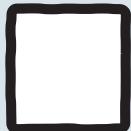
Put on pajamas



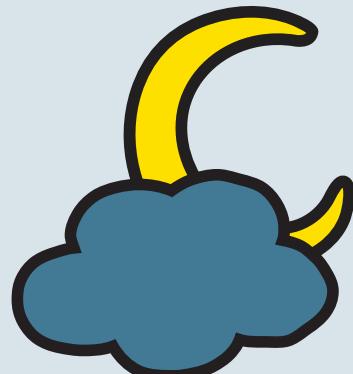
Brush teeth



Go to the bathroom



Read a book



Turn off the light



Sweet dreams

ON OUR SLEEVES®

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