






BEDTIME CHECKLIST




The Children's Reading Foundation

Let's Get READY! for Bed

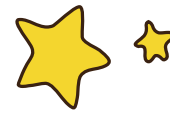
To-Do

1 	2	3	4	5  
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Finished

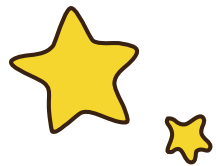
1	2	3	4	5 
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Let's Get READY! for Bed



Choose five of the nine bedtime cards on this sheet to incorporate into your child's bedtime routine.

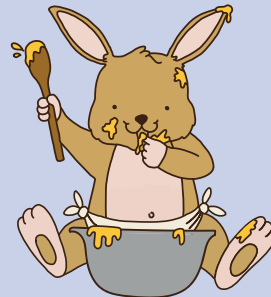
If your child can cut by themselves, ask them to practice their scissor skills by cutting out the routine cards. If they are not ready to use scissors, you can hold their hand and cut the cards together. Place all five cards on the top row of the bedtime chart. Then review with your child. As they complete each task with your help, move each card to the Finished section. Use these cards every night to create a routine and help your child get prepared for bed.



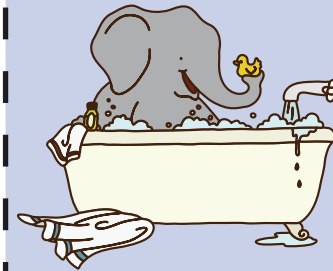
Brush Teeth



Eat Dinner



Take a Bath



Put Toys Away



Use the Bathroom



Read a Book Together



Talk About Your Day



Grab Your Blanket



Put on Pajamas

