BEDTIME CHECKLIST

Let's Get READY! for Bed

The Children's Reading Foundation®

To-Do

1	2	3	4	5

Finished

1	2	3	4	5

13 Counting
18 Sorting Items
24 Following Directions

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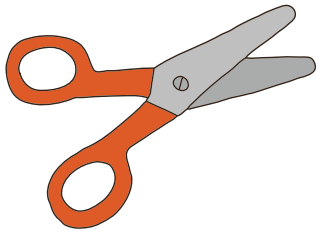
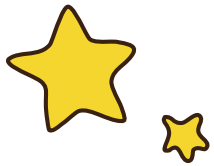
Choose five of the nine bedtime cards on this sheet to incorporate into your child's bedtime routine.

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.

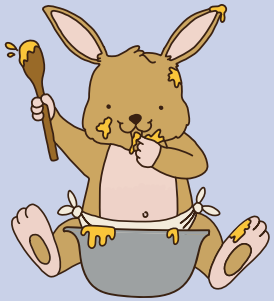
Read Together 20 Minutes Every Day™



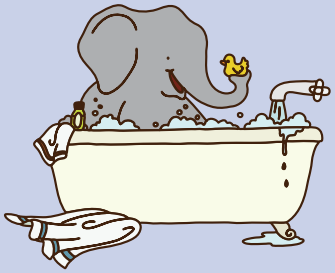


Brush Teeth

Eat Dinner



Take a Bath



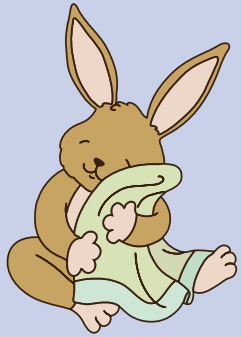
Put Toys Away

Use the Bathroom

Read a Book Together

Talk About Your Day

Grab Your Blanket



Put on Pajamas

13 Counting
18 Sorting Items
24 Following Directions

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