

SWEET DREAMS

Bedtime Routine for: _____

?, □

Healthy Snack

Finish eating 1 hour before bed

?

Bath Time

Warm water and bubbles

?

Brush Teeth

Top and bottom, left and right

?

Put on Pajamas

Pick your favorite cozy pair

?

Story Time

Read two short books together

?

Lights Out

Snuggle up and sleep tight

Special notes or rewards for tonight...