

EVENING ROUTINE

My Path to Independent Sleep

?

Bath & Pajamas Clean up and get cozy

?

Brush Teeth Sparkling clean smile

?

Tidy Room Put 3 toys back in their home

?

Reading Time Two stories with mom or dad

?

Goodnight Hugs Final tuck-in and big squeeze

?

Stay in Bed Quiet body, closing my eyes

"I am brave, I am safe, and I can sleep all on my own."