

Time for Bed

The child and caregiver should work together to break down the bedtime routine into steps. Write each step below and fill in the appropriate time of night next to it to help ensure a healthy bedtime routine.

Example:

- | | |
|--------------------------|------|
| 1. Shower | 6:45 |
| 2. Pajamas | 7:10 |
| 3. Brush hair and teeth | 7:15 |
| 4. Go to bathroom | 7:20 |
| 5. Read | 7:25 |
| 6. In and deep breathing | 7:40 |

Is the current bedtime and bedtime routine appropriate?
Is there anything that needs to be added to the bedtime routine to assist with child and caregiver bonding?



Step:

- _____
- _____
- _____
- _____
- _____
- _____

Time:

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
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