

My Bedtime Routine

An editable visual board — add a picture for each step, then tick it off. Calm, clear, and predictable.

NAME _____

GOAL / REWARD _____

1



Add picture

☐

2



Add picture

☐

3



Add picture

☐

4



Add picture

☐

5



Add picture

☐

6



Add picture

☐

Pick the steps that fit your child, cut , and place them on the board.

How to use: Choose up to six steps, laminate, and attach with hook-and-loop dots so the routine can change as your child grows. Use the blank cards to add your own.

≡ VISUAL BEDTIME SCHEDULE ≡



ACTIVITY CARDS

