

THIS IS HOW I GET READY FOR BED: A CUT & PASTE ACTIVITY

Following the same steps each night helps your child relax and get ready for sleep. And of course, toothbrushing is an important part of every bedtime routine to keep teeth strong and healthy!

Create a bedtime routine chart with your child. They can follow along with the pictures each night as they get ready for bed.

To make your own bedtime routine chart:

1. Help your child choose up to six pictures to show their bedtime routine.
 2. Cut and paste onto the boxes below.
 3. If part of your child's routine is not shown, they can draw it in the box.
- Optional: Add the start time for each step, working backwards from your 'lights out' time.

cut along dotted lines ✂



THIS IS HOW

GETS READY FOR BED

child's name

1

__ : __ PM

2

__ : __ PM

3

__ : __ PM

4

__ : __ PM

5

__ : __ PM

6

__ : __ PM

THIS IS HOW

GETS READY FOR BED

child's name

1

__ : __ PM

Have a bath
or shower



2

__ : __ PM

Put on
pyjamas



3

__ : __ PM

Brush
teeth
together



4

__ : __ PM

Read a story



5

__ : __ PM

Say
goodnight



6

__ : __ PM

Lights
out

