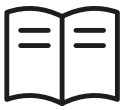
PAGE 1 · HANG AT CHILD HEIGHT

My Bedtime Routine

Same steps, same order, every night. Point to the picture, do the step, color the circle. Name: _____

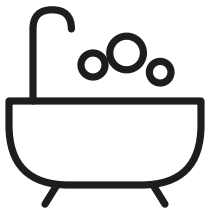
1		Bath or wash up	◯
2		Pajamas on	◯
3		Brush teeth	◯
4		Potty / diaper	◯
5		Read books	◯
6		Song or quiet talk	◯
7		Cuddle & goodnight	◯
8		Lights out	◯

Free printable from colorjoy.online · toddler bedtime routine chart · free for personal & classroom use

PAGE 2 · CUT OUT · COLOR

Bedtime Picture Cards

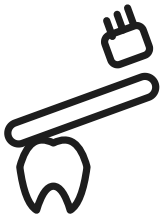
Cut out the cards you use. Stick them in order on page 3, or attach with tape or Velcro so you can flip each card over when the step is done.



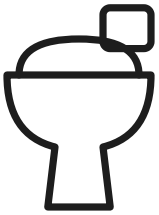
Bath



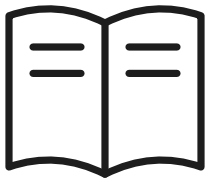
Pajamas



Brush teeth



Potty



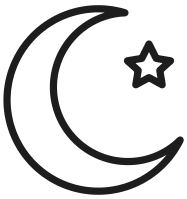
Books



Song



Goodnight



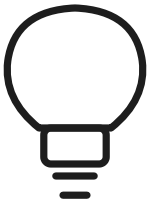
Lights out



Sip of water



Tidy toys



Night light



Family hug

Our Bedtime Steps

Glue or tape your picture cards in order. Most toddlers do best with 4 to 6 steps. Put the time you start at the top.

We start at: _____ pm

1	2	3
4	5	6



Then... sweet dreams!

Free printable from colorjoy.online · toddler bedtime routine chart · free for personal & classroom use

One-Week Bedtime Tracker

Write times for one week to see your toddler's real pattern before you change anything. Small, steady changes (about 15 minutes at a time) are easier than big jumps.

Day	Routine started	Lights out	Fell asleep (about)	Night wakings	What helped / notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Look for: the time your child really falls asleep, how long the routine takes, and which nights went smoothly. Bring this sheet if you talk to your pediatrician about sleep.

Our Calm 30-Minute Wind-Down

A gentle plan to adapt to your family. Sleep needs from the American Academy of Sleep Medicine, endorsed by the AAP (hours per 24 hours, naps included):

Ages 1–2
11–14 hours

Ages 3–5
10–13 hours

- ○ **30–60 minutes before**
  Screens off, lights dimmer, voices softer. Quiet play: puzzles, coloring, books.
- ○ **Bath / wash up**
  Warm and calm, not splashy play time. Keep it short if bath winds your child up.
- ○ **Pajamas + teeth**
  Offer two choices: “Dinosaur pajamas or stars?” Brush with a smear (under 3) or pea-size (3+) of fluoride toothpaste.
- ○ **Books + song**
  Same number every night (for example 2 books, 1 song). Decide before you start.
- ○ **Goodnight**
  Same short phrase each night. Leave while your child is drowsy but awake if you can.

Sources: AAP / HealthyChildren.org (healthy sleep habits, toothpaste amounts). Talk to your pediatrician about snoring, breathing pauses or sleep worries.