The Legacy Challenge

My Bedtime Routine Chart

Use the chart below to help your child develop a healthy bedtime routine.

The time I will start this routine is:

	Turn off your electrical items e.g. television	Have a wash or bath	Put on your pyjama's	Brush your teeth	Use the toilet	Calming Story/ Song time	Hug and Kiss	Lights out. Stay in bed 'til morning
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								