



Our getting-ready-for-bed list

A familiar little order for the evening.

Keep the steps that help. Cross out the rest and add your own.

☐ Put away a few things

☐ Get ready for washing

☐ Brush teeth

☐ Pyjamas

☐ Choose a book or quiet activity

☐ One final check before bed

Our own reminders

One thing to get ready beforehand

A routine can be familiar without being exactly the same every night.