

# BEDTIME ROUTINE

## *checklist*

### WIND DOWN (30-60 MINUTES BEFORE BED)

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- ☐
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### BATH TIME (20-30 MINUTES BEFORE BED)

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- ☐

### PAJAMAS & HYGIENE (15-20 MINUTES BEFORE BED)

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- ☐
- ☐

### QUIET CONNECTION (10-15 MINUTES BEFORE BED)

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### LIGHTS OUT (5-10 MINUTES BEFORE BED)

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- ☐
- ☐

### OPTIONAL EXTRAS

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