



WEEK TO SLEEP.
Toddler Bedtime Routine Chart
Parent Guide

Note: Print the toddler chart and laminate and cross off each night with an erasable marker, or have your child follow the arrows with their finger as they complete each step of the routine.



Play: Puzzles, art, dramatic book time, or screen time (if offered)



Connection Time: Put work, screens and tech away and spend 10–20 minutes paying full attention to your child and connecting- snuggle, love, and chit-chat.



Dinner: Enjoy a nourishing meal sitting at the table as a family.



Brush teeth: Best to brush teeth before bath or in the bath.



Bath time: Time to clean! Start with fun, engaging energy, then towards the end of the bath, calm energy, dim the lights, and encourage relaxing.



Pajamas: Select pjs before going into the bathroom for bath, get into pjs in the bathroom to limit room to room transitions.



Restroom: Final time to use the toilet until the morning.



Bedtime Book time: Two short or one long bed time style books read in a hushed and slow voice.



Goodnight: Turn the sound machine on, lights out, give hugs and kisses, then silently rub back for 2–3 minutes before silently leaving the room.



Fall asleep: Time to relax to sleep! Stay in bed, wiggle toes, deep breathe, sing a song, or think about a favorite place- but do not get out of bed!



Morning: Good morning! Time for an amazing day!