

3-4 Yr Bedtime Routine Chart!

CHILD'S NAME:

AGE:



TASK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Tidy Up Toys							
<input type="checkbox"/> Tea Time With Family							
<input type="checkbox"/> Quiet Play (no screens)							
<input type="checkbox"/> Potty Time							
<input type="checkbox"/> Choose PJs							
<input type="checkbox"/> Clean Teeth							
<input type="checkbox"/> Go To The Toilet							
<input type="checkbox"/> Night Nappy (if needed)							
<input type="checkbox"/> Small Drink of Water							
<input type="checkbox"/> Choose A Bedtime Story							
<input type="checkbox"/> Snuggle and Talk Time							
<input type="checkbox"/> Night Light and Get Cosy							
<input type="checkbox"/> Say 'Good Night' by 7.30pm							