

Bedtime Routine Chart

Routine & Structure



Step	Mission	Action	Done?
1	Toy Blast-Off	Put away 5 toys or clear your floor space	
2	Pajama Power-Up	Offer a choice between 2 options.	
3	Brush & Wash	Keep items out on counter to avoid distraction.	
4	Bathroom Stop	Final bathroom visit before getting in bed	
5	Wind-Down	1 Book, audio story, or calm chat.	
6	Lights Out	Nightlight on, white noise started.	