

# Bedtime Visual Schedule



**Put on  
Pajamas**



**Brush  
Teeth**



**Use the  
Bathroom**



**Read a  
Story**



**Lights  
Out**

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# How to Use the Bedtime Routine Chart

The Bedtime Routine Chart helps children feel calm and prepared for sleep by providing a predictable series of steps. It reduces resistance, lowers anxiety, and supports independence in the evening routine.

## 1. Prepare the Chart

- Print the chart (color or grayscale).
- Laminate if possible so it lasts longer.
- Place it in your child's bedroom or bathroom where it's visible.

## 2. Introduce the Steps

- Review each step with your child during a calm moment.
- Show them the pictures and explain what each one means (brush teeth, change into pajamas, etc.).
- Practice the routine together before bedtime.

## 3. Use Nightly

- Guide your child through the steps in order each evening.
- Point to the chart or let them check off each step.
- Keep the routine consistent to build habits and reduce bedtime battles.

## 4. Encourage Independence

- As your child becomes familiar, let them lead the steps with less prompting.
- Give positive reinforcement: "You finished brushing your teeth all by yourself — great job!"

## 5. Tips for Success

- Keep the bedtime routine short and predictable (20–30 minutes).
- Use a calm voice and minimize distractions.
- Pair with calming activities like reading or soft music at the end.
- Celebrate completion of the whole routine with praise or a bedtime story.

■ Remember: A predictable bedtime routine not only helps children fall asleep faster, but also creates a sense of security and strengthens family connection.