



0-12 Month Bedtime Routine



1. BATH & PJS



Baths can help soothe and relax your baby. It's okay to only include bath several times a week if that fits your needs better.



3. STORY



Even from a young age story time teaches communication, encourages listening, and gives babies information about the world around them.



5. SNUGGLE / KISSES

Before laying your baby down make sure you give them snuggles and kisses to help them feel safe, loved, and secure.



7. BEDTIME



2. NURSE / BOTTLE



Feeding at the beginning of the bedtime routine leaves room for an extra feed right before bed if needed.



4. SONG



A song is a good cue that it's time to go to sleep. Over time your baby will begin to recognize this sleep cue.



6. CRIB / BASSINET



Once you've gone through the bedtime routine place your baby in their crib/bassinet to go to sleep.



Toddler & Preschool Bedtime Routine



1. BATH

Have fun bath toys available for your toddler or preschooler to help motivate them to take their bath.



2. PAJAMAS

Let them pick out their own pajamas and try to get them on by themselves. This will help them gain independence.



3. BRUSH TEETH

First have your child try to brush their teeth independently and then help them brush to ensure it was done properly.



4. STORY

Let your child pick out a designated number of books each night. Giving them the choice of the books will help boost their independence and motivation.



5. BATHROOM

Make sure to have your child try to use the bathroom before bedtime. It's a good habit to practice even if they are still wearing diapers at night.



6. SNUGGLE & KISS

Bedtime snuggles are a great time for you to connect with your child before they go to bed. Children typically are more vulnerable and open up during this part of the routine.



7. BEDTIME

