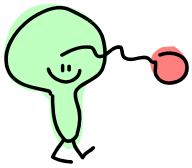
Bedtime Routine for ☐



Pick up toys. ☐ ☐ ☐ ☐ ☐ ☐ ☐

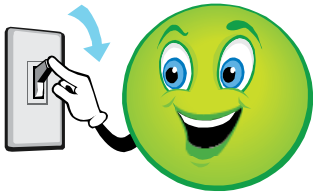
Take a bath or shower. ☐ ☐ ☐ ☐ ☐ ☐ ☐

Put on pajamas. ☐ ☐ ☐ ☐ ☐ ☐ ☐

Brush teeth ☐ ☐ ☐ ☐ ☐ ☐ ☐

Use the bathroom. ☐ ☐ ☐ ☐ ☐ ☐ ☐

Read a book. ☐ ☐ ☐ ☐ ☐ ☐ ☐



Turn lights off. ☐ ☐ ☐ ☐ ☐ ☐ ☐

Courtesy of Priceless Parenting, http://www.PricelessParenting.com/

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