



BEDTIME ROUTINES

please be quiet, children are
sleeping.



TIPS FOR BEDTIME ROUTINES

A bedtime routine is made up of 3 or 4 activities such as having a snack, brushing teeth, putting on pyjamas and reading a book.

These should be done in the same order every night.

Start winding down the whole house by dimming or switching off lights and turning off televisions and putting away other electronic devices.

