

Bedtime Routine Cards





Are bedtime stalling tactics like "one more book" or "another glass of water" wearing you down? Bedtime routine cards can help. The printable cards on the following pages provide clear visual steps to help your toddler see what comes next. Children thrive on predictability. By hanging these cards in order, you allow your child to take charge of their evening. Use whichever cards suit your routine.

Pro-Tip: Maximize cooperation by offering structured choices at each step. For example, once they identify the next card, ask: "This book or that one?" or "The blue PJs or the red ones?" Giving them a voice keeps bedtime moving forward smoothly.



Bath



Potty



Change Diaper



Pajamas



Brush Teeth



Read a Book



Sing a Song



Bedtime



DISCLAIMER:

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