



Tick off what your child has done on the bedtime chart. When they are in a good bedtime routine you could give them a little reward...



Can your child get themselves ready for bed?

Can they get bear ready for bed?



Make sure your child doesn't have any screen time for at least an hour before they go to bed. The light from screens stops the brain relaxing and interferes with sleep!



Pretend to wash Bear

Have a wash or bath

Find something for Bear to sleep in

Get into their pyjamas by themselves

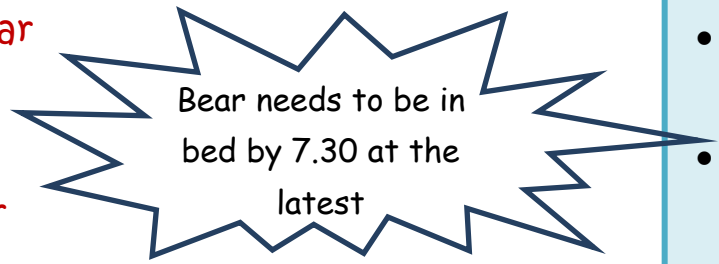
Pretend to brush Bears teeth

Brush their own teeth for about 2 minutes

Share a book with bear

Give Bear a kiss

Go to sleep with Bear



How are you helping?

- Getting your child into good sleeping habits is vital for them to be able to learn at school
- Beginning to share books and stories will help them to do well at school
- Developing their skills (e.g. brushing teeth) will help them to be independent.