

Creating a Peaceful Bedtime Routine That Actually Works

Why Bedtime Routines Help

- Predictability helps children feel safe and calm
- Consistent routines reduce bedtime resistance
 - Reading together helps the brain wind down
 - Quiet faith moments end the day peacefully

Simple 5-Step Bedtime Flow

1. Same start time each night (as often as possible)
2. Slow the environment (dim lights + no screens)
3. Connection moment (share one high and low from the day)
4. Read together for 10–15 minutes
5. Short prayer or quiet reflection

Bedtime Routine Planner (Fill In)

Start Time: _____

Story Choice: _____

Prayer / Reflection: _____

Lights Out: _____

Reflection Questions (Use 1–2 Each Night)

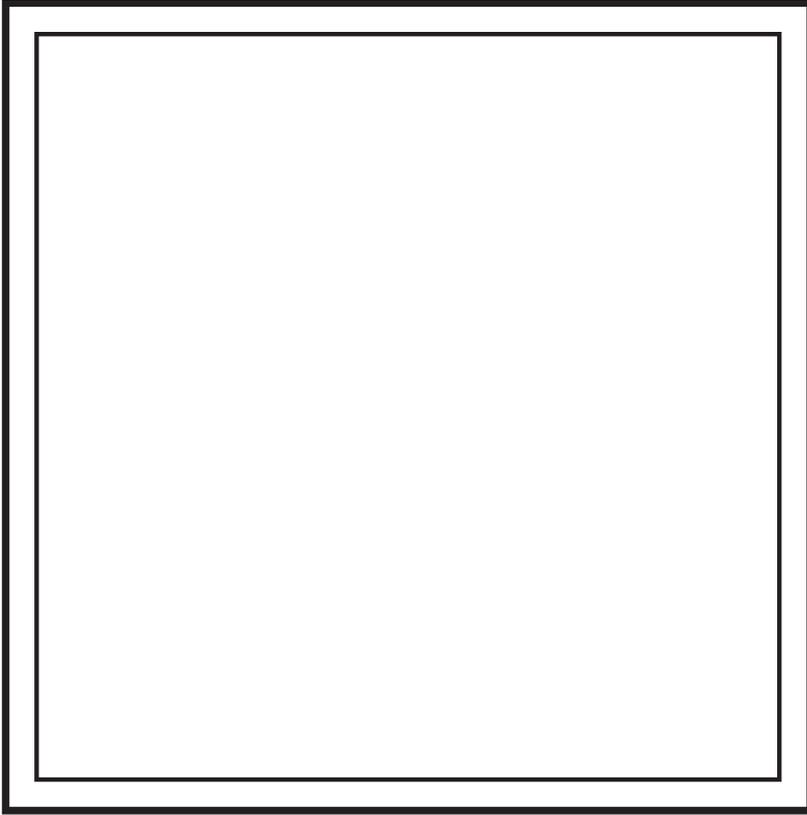
- What was your favorite part of today?
- When did you feel peaceful?
- What are you thankful for tonight?
- What do you want to do tomorrow?

Parent Reminder

Consistency beats perfection.
A calm routine matters more than a perfect one.

My Peaceful Bedtime Activity Page

Draw Your Cozy Bedtime Scene



Bedtime Checklist

- Put on pajamas
- Brushed teeth
- Read a story
- Quiet breathing or prayer
- Hugs and goodnight
- Lights out

Circle How You Feel at Bedtime

😊 Calm 😊 Happy 😴 Sleepy 😌 Peaceful ★ Cozy

My favorite part of bedtime is _____

Tonight I am thankful for _____

Trace Then Write The Verse

“In peace I will lie down and sleep.” – Psalm 4:8

In peace I will lie down and sleep. – Psalms 4:8