











My Bedtime Routine Checklist

Remember to do these things each night	It's important to remember to have a set ritual that's in a specific order, so you feel a sense of accomplishment at the end of the day	Put an X in the box for each night through out the week
	A bath or shower *Will make your feet smell squeaky clean	<hr/>
	Put on pajamas	<hr/>
	Brush your teeth *The proper way this avoids tooth decay	<hr/>
	Drink a small amount of water	<hr/>
	Quiet time—read a story *And put good thoughts in your head	<hr/>
	Go Potty *Will help avoid wetting the bed	<hr/>
	Find your blanket, favorite stuffy or night time Happy Rock friend	<hr/>
	Give out kisses and hugs *Go to bed to rest your eyes	<hr/>

Your dreams will be good as you fill your head... With the memories of happiness while snuggled in bed!