



Petal & Paper

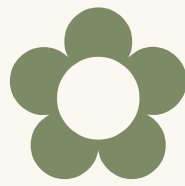
YOUR FREE PRINTABLE

Children's bedtime routine chart



Find more free wedding printables at
247printables.com

Page 2 is your clean, ready-to-print sign — edit the text in any free PDF editor.



B E D T I M E R O U T I N E

bedtime steps

Bath or wash · ____pm Hair: ☐ Clean pyjamas: ☐

Brush teeth · 2 minutes: ☐ Top and bottom: ☐ Spit: ☐

Tidy bedroom (one-minute tidy) · ☐

Story time · ____ minutes Books: ____

Chat about the day · One good thing: _____

Lights out · ____pm Lamp only: ☐ Nightlight: ☐

Stay in bed! · If you need us: come quietly, once 🌙

🌙 S L E E P W E L L · T O M O R R O W I S G O I N G
T O B E G R E A T

— edit the text in any free PDF editor —

