

**Bedtime Routine
Checklist**

Are you ready to have a good
night's sleep?

Follow the bedtime routine
below and tick each one off
as you go along

Tidy away your toys...
nobody likes mess
including Elmer

Dim the lights and turn off
your favourite programme
ready for some quiet play

Get your pencils ready for
drawing or get out a jigsaw
puzzle or Lego

Time for a bedtime supper -
nothing too chocolatey and not
too much to drink!

Bath-time! Make sure you clean
behind your ears like Elmer!

Brush your teeth and
go to the toilet

Snuggle in bed to read
a bedtime story...
Why not get your favourite teddy
and tuck him in bed for
the story too?

Get into your snuggly PJs to
help you have
the best dreams

Sing teddy a song... Whats your
favourite bedtime song?

Turn off the lights and get cosy...

**Good night and
sleep well.**