

Bedtime Routine Checklist

A calm, predictable routine for ages 3-7
From Calmly Kids • calmlykids.com

How to use: Fill in your target times, check off each step as you complete it, and watch your evenings become calmer.

<input type="checkbox"/>	1. Wind Down Time	_____ PM
	Dim lights, turn off screens, start calm activities	
<input type="checkbox"/>	2. Bath or Wash	_____ PM
	Warm water helps signal the body it's time for sleep	
<input type="checkbox"/>	3. Put on Pajamas	_____ PM
	Let your child choose their favorite PJs	
<input type="checkbox"/>	4. Brush Teeth	_____ PM
	Make it fun with a song or timer	
<input type="checkbox"/>	5. Quiet Activity	_____ PM
	Read 1-2 books, sing songs, or gentle conversation	
<input type="checkbox"/>	6. Cuddle Time	_____ PM
	Hugs, back rubs, or quiet connection	
<input type="checkbox"/>	7. Lights Out	_____ PM
	Say goodnight, leave room calm and confident	

■ Tips for Success

- Aim for the same bedtime every night (within 20-30 minutes)
- The routine should take 20-45 minutes total
- Stay calm and boring—predictability is more important than perfection
- Give a 10-minute and 5-minute warning before starting the routine
- If your child resists, stay consistent for at least 2 weeks before adjusting

→ ■ Make It Yours

Child's name: _____ © 2026 Calmly Kids • Evidence-informed bedtime support for parents

Our bedtime goal: _____ Visit calmlykids.com for more resources, tips, and research-backed guidance

Special routine elements (songs, stuffed animals, etc.): _____