

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

■ 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.): _____