

■■ Bedtime Routine Checklist

By M.J. Hill | Becoming a Confident Parent

Make bedtime a calm and consistent part of your child's day. Use this teacher-tested checklist to create a simple, predictable routine that helps your child feel secure, wind down peacefully, and fall asleep faster.

■ Step	Task	Notes / Rewards
■ Bath Time	Warm bath to relax muscles and signal bedtime.	
■ Brush Teeth	Encourage independence and hygiene before bed.	
■ Pajamas On	Let your child pick comfy sleepwear.	
■ Storytime	Read together or let them choose a short book.	
■ Talk Time	Ask one positive question about their day.	
■■ Lights Out	Dim lights or use a nightlight for comfort.	
■ Calm Music	Play soft lullabies or meditation sounds.	
■ Goodnight Hug	Reassure your child that they are safe and loved.	

■ Tip from M.J. Hill: Consistency builds trust. Keep your bedtime routine predictable and positive — it turns bedtime from a battle into a bonding moment.