My calm bedtime

Same steps, same order, every night. Check a box when a step is done.

	S	M	T	W	T	F	S
 **Bath or wash up** face and hands	☐	☐	☐	☐	☐	☐	☐
 **Pajamas on**	☐	☐	☐	☐	☐	☐	☐
 **Potty and a sip of water**	☐	☐	☐	☐	☐	☐	☐
 **Brush teeth** two minutes	☐	☐	☐	☐	☐	☐	☐
 **Story time** one or two books	☐	☐	☐	☐	☐	☐	☐
 **Worry jar and 3 slow breaths**	☐	☐	☐	☐	☐	☐	☐
 **Hug, nightlight, sleep**	☐	☐	☐	☐	☐	☐	☐

My short-night bedtime

For late nights and busy evenings: the same order, just fewer steps.

	S	M	T	W	T	F	S
Pajamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
One story	☐	☐	☐	☐	☐	☐	☐
Hug, nightlight, sleep	☐	☐	☐	☐	☐	☐	☐

For grown-ups

Keep the order the same as the full chart. Leave out steps, don't swap them around.

Give a 10-minute and a 5-minute warning before the first step.

Water, potty and a comfort toy are all part of the routine, so there's nothing left to ask for after lights out.

Make your own chart

Draw a picture in each circle and write the step on the line. Your child can help choose the order.

	S	M	T	W	T	F	S

Worry jar slips

Earlier in the evening, draw or write a worry on a slip and put it in a jar. Talk about it together tomorrow, at worry time.

My worry:

My worry:

My worry:

My worry:

My worry:

My worry:

For grown-ups: a short goodnight script

"You're safe. Your worry is in the jar, and we'll look at it together tomorrow."

"Let's take three slow breaths: in through your nose, out like blowing out a candle."

Keep it short and calm, then say goodnight. If worries keep your child awake most nights, or come with stomachaches or trouble during the day, talk with your pediatrician.