

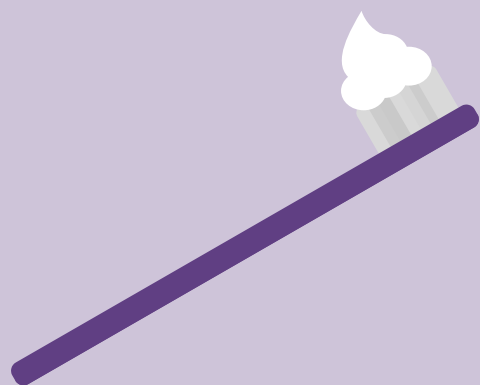
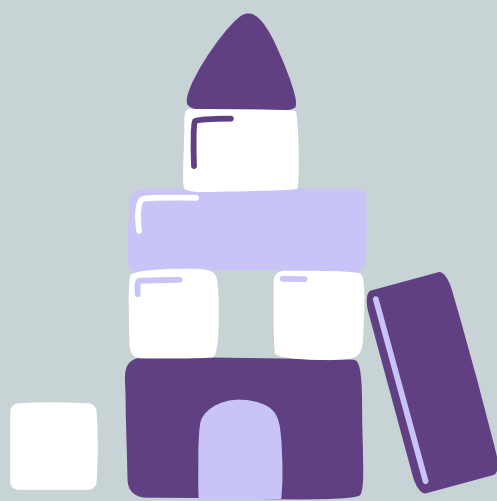
THE PROVEN 3 YEAR OLD BEDTIME ROUTINE

Mix-and-match steps guaranteed to send them peacefully to dreamland

CLEAN UP

Help your child mentally wrap up their day by showing them how to clean up.

- Clear dishes, cups, and snacks
- Put away toys, crafts, and books
- Hang up coats and backpacks
- Place dirty clothes in the basket



HYGIENE

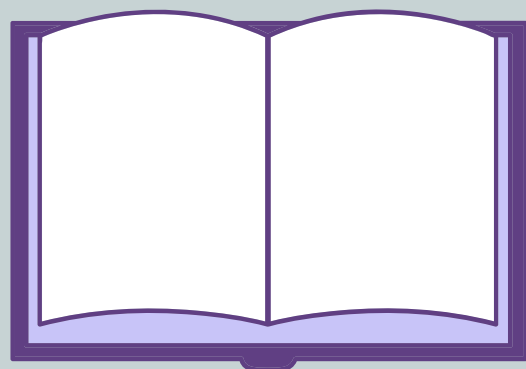
Beds feel better when children are clean and cozy.

- Take a bath
- Brush and floss teeth
- Wash face and hands
- Put on clean pajamas

WIND DOWN

Speak in a soft voice to help them enter a calm and relaxing state.

- Read a book
- Tell a story
- Sing a lullaby
- Take about their day



LOVE

Make sure your child feels safe, loved, and valued before saying goodnight.

- Have a cuddle
- Give kisses, hugs, and compliments
- Tell them you love them
- Rub their back