Our bedtime routine

Same steps, same order, every night. Point to the next one, then tick it.

1. **Tidy up** — Toys away, together ☐
2. **Bath** — Warm, not long ☐
3. **Teeth** — Two minutes ☐
4. **Pyjamas** ☐
5. **A book** — One book ☐
6. **Into bed, lights low** — The pal settles, six stars glow ☐
7. **Morning** — When the sun comes up, it is OK to get up ☐