

OUR BEDTIME ROUTINE

Little steps to a calm, cozy goodnight

☐ 01 **Bath time**
Warm water, bubbles, and a slower pace

☐ 02 **Pajamas on**
Soft, cozy, and ready for dreams

☐ 03 **Brush teeth**
Two minutes, top and bottom

☐ 04 **Pick a story**
A favorite book, or one starring you

☐ 05 **Lights low**
Dim the room and quiet the day

☐ 06 **Cuddle & read together**
Snuggle in while a grown-up reads aloud

☐ 07 **Goodnight**
One more hug, and sweet dreams

TONIGHT'S STORY

Title: _____

Starring: _____ Read by: _____

SLUMBERTALES.APP

Try a personalized bedtime story, free for 3 days.

With love, the SlumberTales team



Scan for a free story