

*time to slow down*

# My Bedtime Wind-Down

A calm little routine for gentle, easier bedtimes. Tick each step as you go.



1



## Tidy the toys away

A calm room helps a calm mind.

2



## Warm bath or wash

Cosy and clean.

3



## Brush teeth

Sparkly and ready.

4



## One gentle story

Snuggle up close.

5



## Cuddle & lights low

Goodnight — you are safe and loved.