



My bedtime

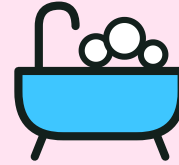
The same steps every night help bedtime feel calm and safe.

1



Dinner

2



Bath

3



Pyjamas

4



Toilet

5



Brush teeth

6



Story

7



Cuddle

8



Sleep

Tip: point to the next picture and say one short sentence: "Bath is done. Now pyjamas."