Bedtime checklist

Tick each box, every night

KUDOZ

After dinner

- [ ] Pack my bag for tomorrow
- [ ] Lay out my clothes
- [ ] Screens off

Getting ready

- [ ] Bath or shower
- [ ] Pajamas on
- [ ] Brush my teeth
- [ ] Toilet

In bed

- [ ] Story or quiet reading
- [ ] Hug and goodnight
- [ ] Lights out