



# Child-led Bedtime To-Do List

Here is a helpful child-led to do list for your children's nighttime routine. Follow these steps:

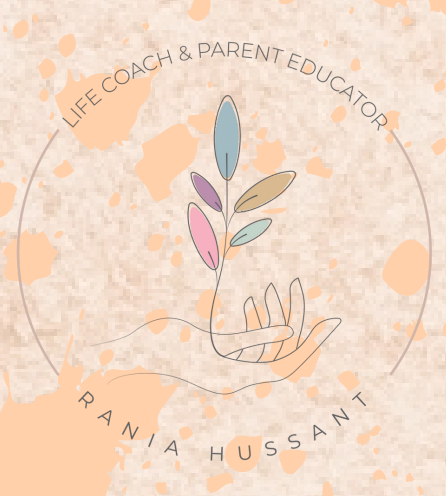
1. Sit down with your child and identify the tasks that need to be completed before bedtime.
2. Have them write down the tasks. This will give them a proper understanding of what needs to be done.
3. Have them check things off once each task is completed.
4. This empowers the child and spares parents the effort to repeat the same request every night.

For example:

Dirty clothes go in the laundry bin.

Hang towel after shower.

Read for 15 minutes in bed.



# Child-led Bedtime To-Do List

Name:

Start time:

