# 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.



### Dirty clothes go in the laundry bin.

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#### Hang towel after shower.

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#### Read for 15 minutes in bed.

Rania Hussant United Arab Emirates info@raniahussant.com NIA HUSSP

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Name: Start time:

Rania Hussant United Arab Emirates info@raniahussant.com