

# My Bedtime book

**ADD A COVER PHOTO  
HERE**

**THEN USE EACH PAGE TO  
ADD 1 OR 2 PHOTOS OF EACH  
STEP OF YOUR TODDLERS  
BEDTIME ROUTINE AND ADD  
A LITTLE TEXT FOR CONTEXT  
DO THIS WITH YOUR  
TODDLER**





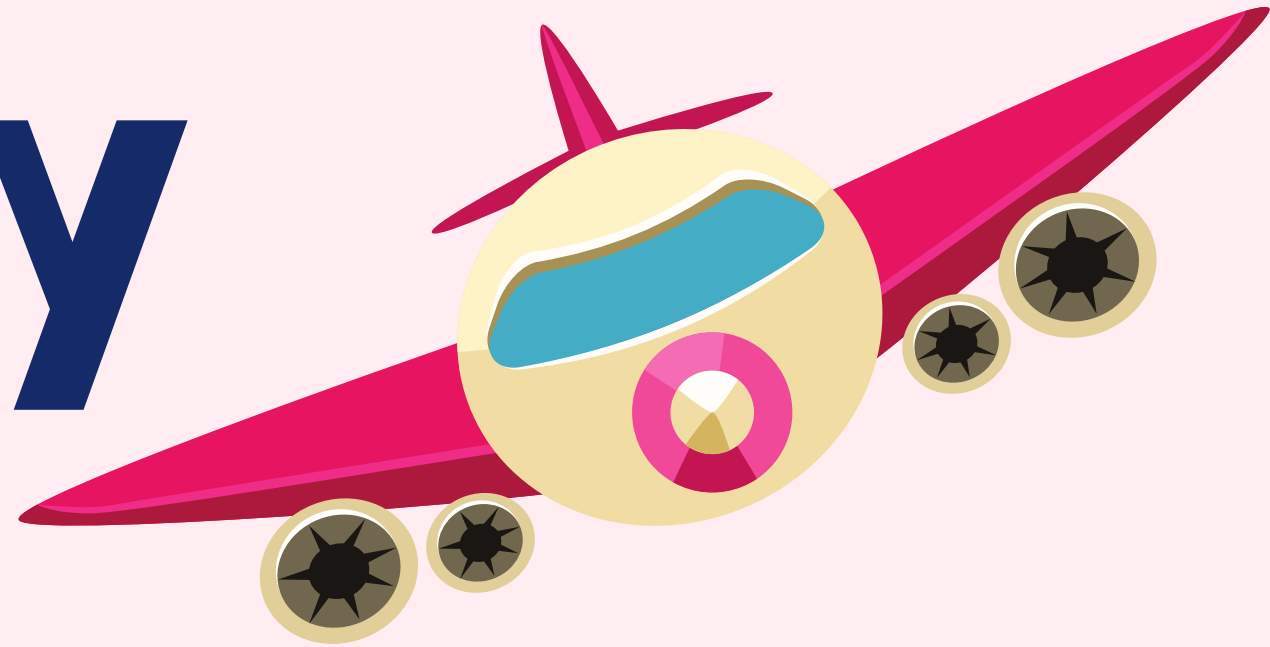


First I have  
my Dinner

yum  
yum

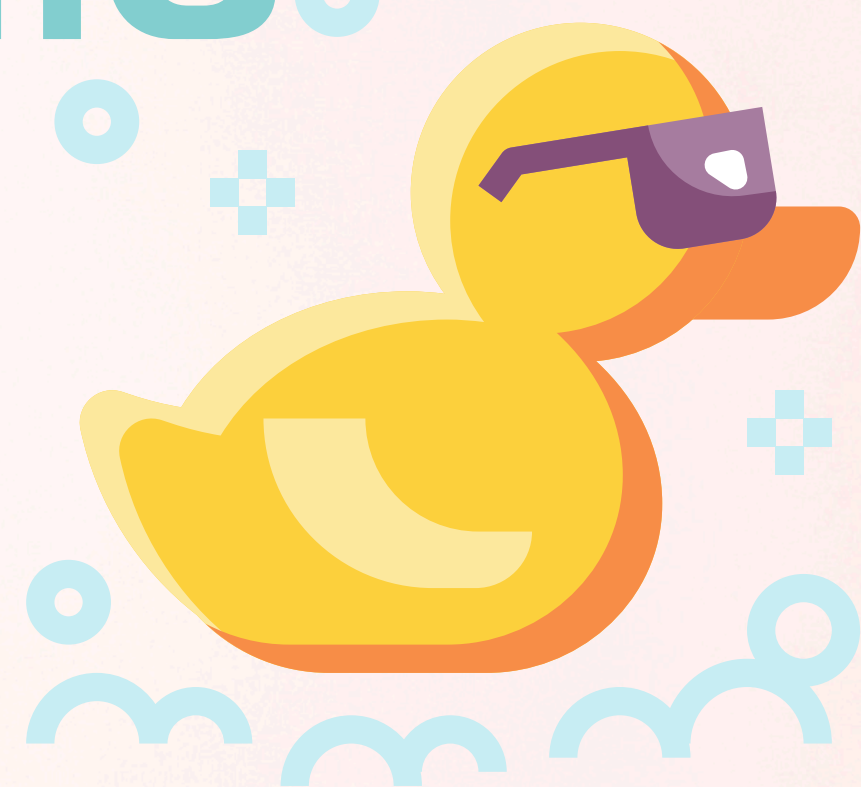


# I like to play





Then its time.  
to get all  
cleaned up



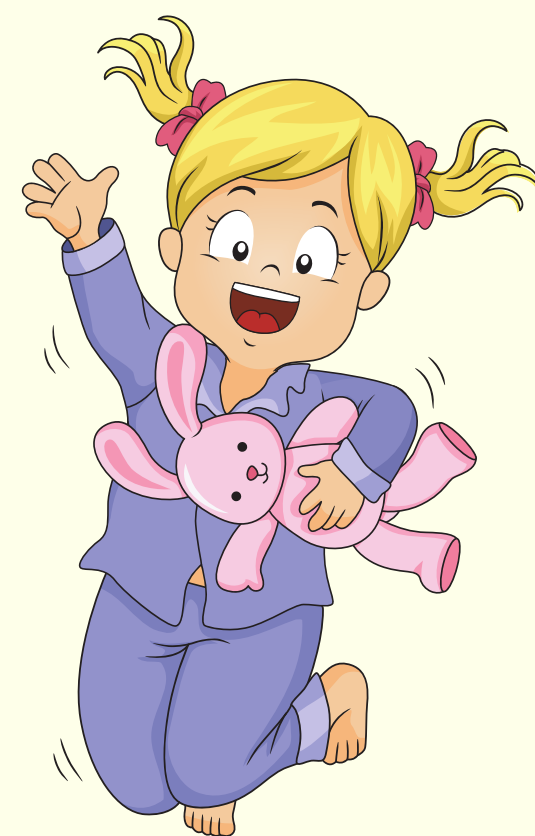


# I need to clean my teeth too





And I get my  
Pjamas on



My  
reads me \_\_  
stories in my bed

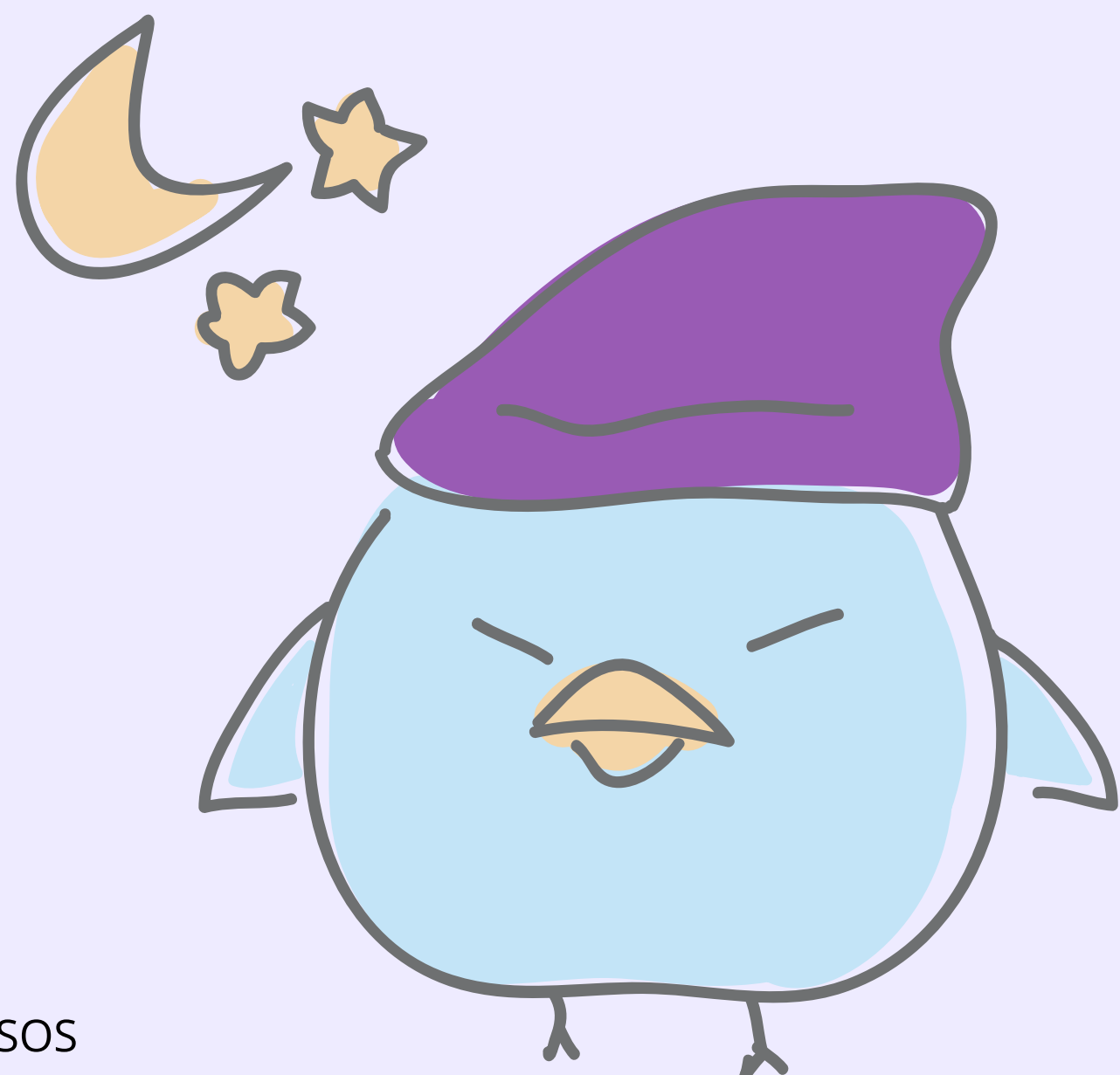




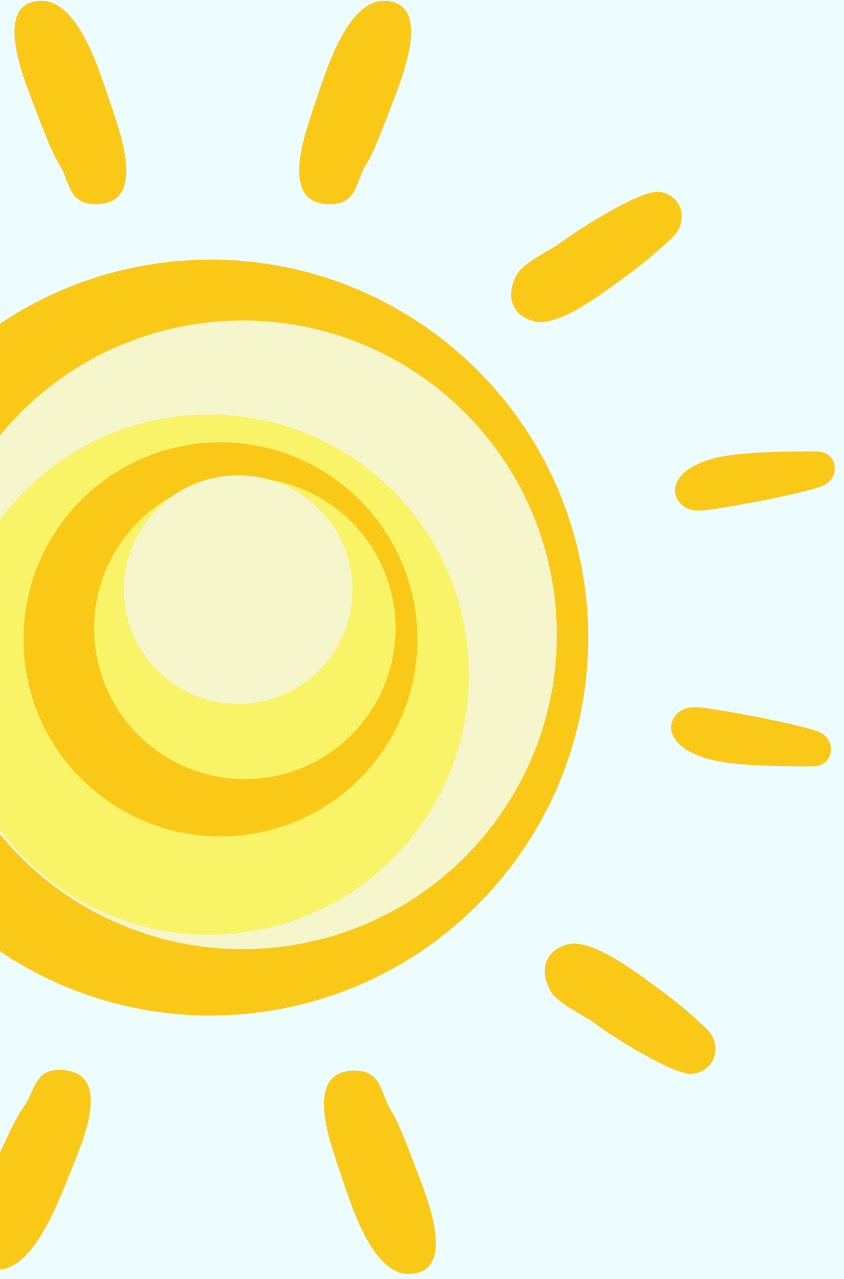
**WE HAVE A SPECIAL WAY WE SAY  
GOOD NIGHT AND THIS IS HOW WE  
DO IT**



# It's time to go to sleep







GOOD  
morning

And I sleep all  
the way till  
morning

# Who's putting me to bed tonight?

**This page is not necessary  
but if your child has a  
favourite parent, I  
recommend laminating a  
photo of both parents and  
swapping the image  
regularly so your child  
accepts both parents**

