

Toddler Bedtime Routine Chart

Bedtime can be *hard*.

We've all been there: You've finally made it to the end of a long day, and you're desperate to join your unfolded laundry on the couch for some downtime.

First, though, you have to survive bedtime. And when your toddler fights going to bed, “survival” is exactly what it feels like.

Please hear this...

You are NOT alone in your bedtime struggles, and they will NOT last forever!

Ultimately, bedtime is a *transition*—and transitions can be rough on toddlers. But when you have a *consistent, predictable bedtime routine*, your child knows what to expect—which helps them feel safe.

And when they feel safe, they're less likely to push back!



Let's dive in:

1. **Follow the same 15-30 minute routine every night.** Your child's brain needs repetitive cues that it's time to wind down for bed. Try your best to do the same activities in the same order, every night.
2. **Offer age-appropriate choices.** Toddlers don't get to decide if and when they go to bed, but they can still have *some* control (which they love!). Try offering choices like, "Do you want your blue jammies or your red ones?" or "Do you want me to read *Little Blue Truck* or *Giraffes Can't Dance*?"
3. **Give your child undivided attention during the entire routine.** It's perfectly OK to include siblings, but leave your phone and other distractions in another room. This can be a special time to connect with your child at the end of the day, so stay present through the process.
4. **Be mindful of your reactions.** Throughout your bedtime routine, your child will mirror you. So resist letting any resentment, frustration, or anxiety show through. Your calm, reassuring demeanor will set the tone for a more peaceful bedtime.
5. **Anticipate future requests.** Build into your routine all the typical bedtime "excuses": another sip of water, an extra trip to the potty, one last check that the closet door's closed, and so on.
6. **Use a bedtime chart to make your bedtime routine easier for you AND your toddler.** It will work as a visual reminder that helps make bedtime fun and predictable. And it also helps reinforce loving boundaries and expectations!

✦ How to Use This Bedtime Chart

When using a bedtime chart, be sure to keep the tone light-hearted and fun. Pretend you're not sure what comes next, and let your child "direct" the action! Little ones thrive when they know what to expect, when they get to be in charge (even a little), and when they're given firm, loving boundaries.

On the next few pages, you'll find printables you can use to create your own chart. Try these two options and see which works best for your family.

Just so you know...

Having a consistent, predictable bedtime routine is just one part of the toddler sleep puzzle. In my online course—Toddler Sleep Training—you'll learn a **step-by-step method to help your little one get the rest they need and your whole family to thrive.**

The course also includes plenty of troubleshooting so you'll know exactly how to handle:

- *Room sharing with siblings*
- *Nightmares and night terrors*
- *Sickness*
- *Pacifiers and thumbsucking*
- *Weaning and nighttime snacking*
- *And so much more!*

[Start Toddler Sleep Training Now](#)



♡ Cara

Option 1

1

On the next page of this guide, you'll find some common bedtime elements. Cut out the ones your routine includes, then place them in order on the chart.

2

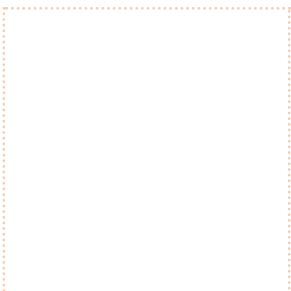
Hang the chart at your child's eye level, and have them point to each picture as you go through the routine. This will help them see and verbalize what's next.

3

To make the chart more interactive, laminate it, put it in a sheet protector, or place it in a photo frame and allow your little one to check off each task with a dry-erase marker as they complete it.



My Bedtime Routine





PAJAMAS



BRUSH TEETH



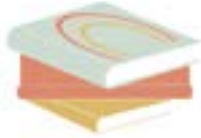
HUGS AND KISSES



POTTY



NEW DIAPER



BOOKS



SONG



SOUND MACHINE



BATH



SNACK



WATER



COMB HAIR



PRAYER



LIGHTS OUT

Option 2

1

On the next page of this guide, cut out the elements of your bedtime routine. Use magnets with a magnetic cookie sheet to make this interactive.

2

Place the bedtime routine activities on the “To Do” side of the T-chart. As you complete each activity, have your child move it to the “done” column.





My Bedtime Routine

To Do

Done



PAJAMAS



BRUSH TEETH



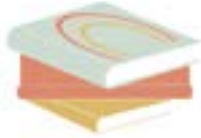
HUGS AND KISSES



POTTY



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BOOKS



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PRAYER



LIGHTS OUT



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