

Bedtime Routines

What is the children's bedtime? _____

Are there any routines for:

- brushing their teeth
- putting pyjamas on (also know where the pyjamas are)
- other: _____

Do they have any bedtime routines?

- rock them to sleep
- have a night light
- sleep with a soother
- leave the door open or closed
- have a special toy
- read a story before bed
- other: _____

Do they ever have nightmares? If so, how do you handle them?

