## **Bedtime Routine**

	Have a snack and a drink	Brush your teeth	Have a wash or bath	Go to the toilet	Have a story	Lights off	Stay in bed until morning
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Bed time is at	No electronics after
can read/play quietl	y until s/he is tired but s/he must stay in bed to get the reward.

reward for going to bed on time and staying in bed is								