

Bedtime Routine Chart

A realistic printable for moms and kids • write it once, use it all week

Child's name:

Routine starts at:

Tonight's version: ☐ Regular routine ☐ Short routine

Goodnight phrase

Tonight's Steps

☐ 1. Quick cleanup

☐ 2. Bathroom or potty

☐ 3. Wash-up or bath

☐ 4. Pajamas

☐ 5. Brush teeth

☐ 6. Choose book

☐ 7. Comfort check

☐ 8. Hug + goodnight

Mom Notes

What worked tonight?

Skip this tomorrow

My bedtime wins



Color a star or add a sticker.

Tip: Keep only the steps your family really uses. The chart works best when it looks like your actual evening, not your fantasy evening.

Cut-Out Picture Cards

Cut, laminate if you want, and attach with tape, magnets, or hook-and-loop dots

How to Use



Quick cleanup

Cut me out



Bathroom / potty

Cut me out



Wash-up

Cut me out



Bath time

Cut me out



Pajamas

Cut me out



Brush teeth

Cut me out



Choose book

Cut me out



Comfort item

Cut me out



Water cup

Cut me out



**Pick tomorrow's
shirt**

Cut me out



One song

Cut me out



Hug + goodnight

Cut me out

Kid job: Help pick the cards for tonight. **Mom job:** Keep it simple. If one card causes a meltdown every night, take it off for now.

Weekly Bedtime Tracker

A low-pressure page for moms, caregivers, and kids

This Week's Routine

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Routine started							
Teeth	☐	☐	☐	☐	☐	☐	☐
Book	☐	☐	☐	☐	☐	☐	☐
Goodnight phrase	☐	☐	☐	☐	☐	☐	☐
Short version used?	☐	☐	☐	☐	☐	☐	☐

Caregiver Cheat Sheet

Use this if grandma, a sitter, or your partner is doing bedtime tonight.

We're using:

Books allowed:

Comfort item:

Water goes:

Final phrase:

What actually happened?

This space is for real-life notes, not perfect-parent notes.