

# Bedtime Routine

6:30pm	<ul style="list-style-type: none"><li>♥ Bath time for everyone! Water stays in the tub and everyone stays on bottom or knees—no standing or they're out ;)</li></ul>
6:45pm	<ul style="list-style-type: none"><li>♥ K in diaper</li><li>♥ Everyone in jammies</li></ul>
6:55pm	<ul style="list-style-type: none"><li>♥ K: Read one bedtime story (usually <i>The Going to Bed Book</i> by Sandra Boynton)</li><li>♥ K: Sing <i>Amazing Grace</i> while cuddling</li><li>♥ L &amp; A: play quietly in the living room or their room</li></ul>
7:00pm	<ul style="list-style-type: none"><li>♥ K: Put him in crib with his lovey and special blanket</li><li>♥ Give him green sippy cup</li><li>♥ Say a prayer</li><li>♥ Turn on white noise</li><li>♥ Turn off the lights, tell him "I love you," and close door</li></ul>
7:15pm	<ul style="list-style-type: none"><li>♥ L&amp;A: Quick clean up</li><li>♥ Quiet Reading: They each get 2 books and bring them to the couch. Put on calming music and "read" silently to ourselves</li></ul>
7:40pm	<ul style="list-style-type: none"><li>♥ Books get put away and they both use the restroom</li></ul>
7:45pm	<ul style="list-style-type: none"><li>♥ Brush teeth: Count to 100 OR sing ABC song 3 times while adult brushes their teeth. They practice brushing their own teeth for another 20 seconds-ish</li></ul>
7:50pm	<ul style="list-style-type: none"><li>♥ In their bedroom, we sit on the floor and lead them through a couple stretches and deep breathing exercises</li><li>♥ Sing 2 songs (they each choose one worship song)</li><li>♥ Share one thing they're thankful for from the day</li><li>♥ Pray over them, and then have a big group hug (which they have termed, "huggle snuggle")</li></ul>
8:00pm	<ul style="list-style-type: none"><li>♥ Get in bed with blankets, 5 stuffed animals, and 2 books</li><li>♥ Make sure they have water in bottles</li><li>♥ Turn on white noise and night light</li><li>♥ Turn off lights, tell them, "I love you," and close the door</li></ul>