



Bed Time



Brush teeth



Make your bed



Use the bathroom

Many families really struggle with having a consistent bedtime. Research shows us that children that are this age need about 10-11 hours of sleep every night. This not only affects their physical growth, but it also affects their ability to function and thrive at school and their attitude.



Get dressed



Pick out clothes for tomorrow

One suggestion for helping with a bedtime routine is to have a checklist for your child at night. On either side is a sample check list (taken from a mom of a local first and second grader!)



Eat breakfast



Read for 20 minutes

For this family, the bedtime routine check list worked so well, they made one for the morning, too!! The children are reminded to check their list every morning and every night! 😊



Use the bathroom, comb hair and brush teeth



Get backpack, clothes, and shoes ready

This is just an idea that works for one family. It can easily be adapted and the items on the list changed.



Walk to school or catch the bus