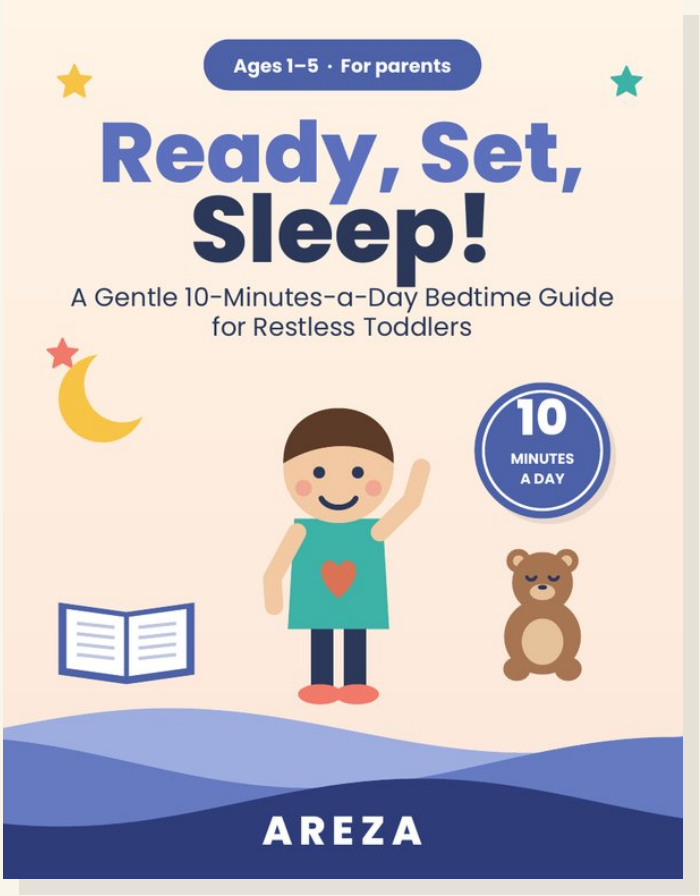

Ready, Set, Sleep!

A gentle bedtime guide for toddlers · Ages 1–5

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Dark, Quiet and Cool
- Page 3: 6-Step Bedtime Routine chart
- Page 4: Bedtime Passes

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

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1.1

Dark, Quiet and Cool

Darkness helps the body release melatonin, the natural sleep hormone. Use blackout curtains or blinds, especially for naps and summer evenings.

If your child is afraid of the dark, a dim, warm-colored night-light is fine. Avoid bright white or blue lights.

A slightly cool room is more comfortable for sleep. Dress your child in breathable pajamas rather than turning up the heat.

Steady white noise or a fan can mask household sounds, traffic and siblings.

SAY IT LIKE THIS



"When it’s dark and cozy, our bodies know it’s sleepy time."

My notes

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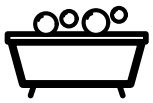
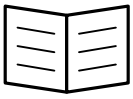
My 6-Step Bedtime Routine

Color a star each night you finish a step!

		M	T	W	T	F	S	S
1	 Bath time	☆	☆	☆	☆	☆	☆	☆
2	 Pajamas on	☆	☆	☆	☆	☆	☆	☆
3	 Brush teeth	☆	☆	☆	☆	☆	☆	☆
4	 Potty	☆	☆	☆	☆	☆	☆	☆
5	 Story time	☆	☆	☆	☆	☆	☆	☆
6	 Hug & lights out	☆	☆	☆	☆	☆	☆	☆

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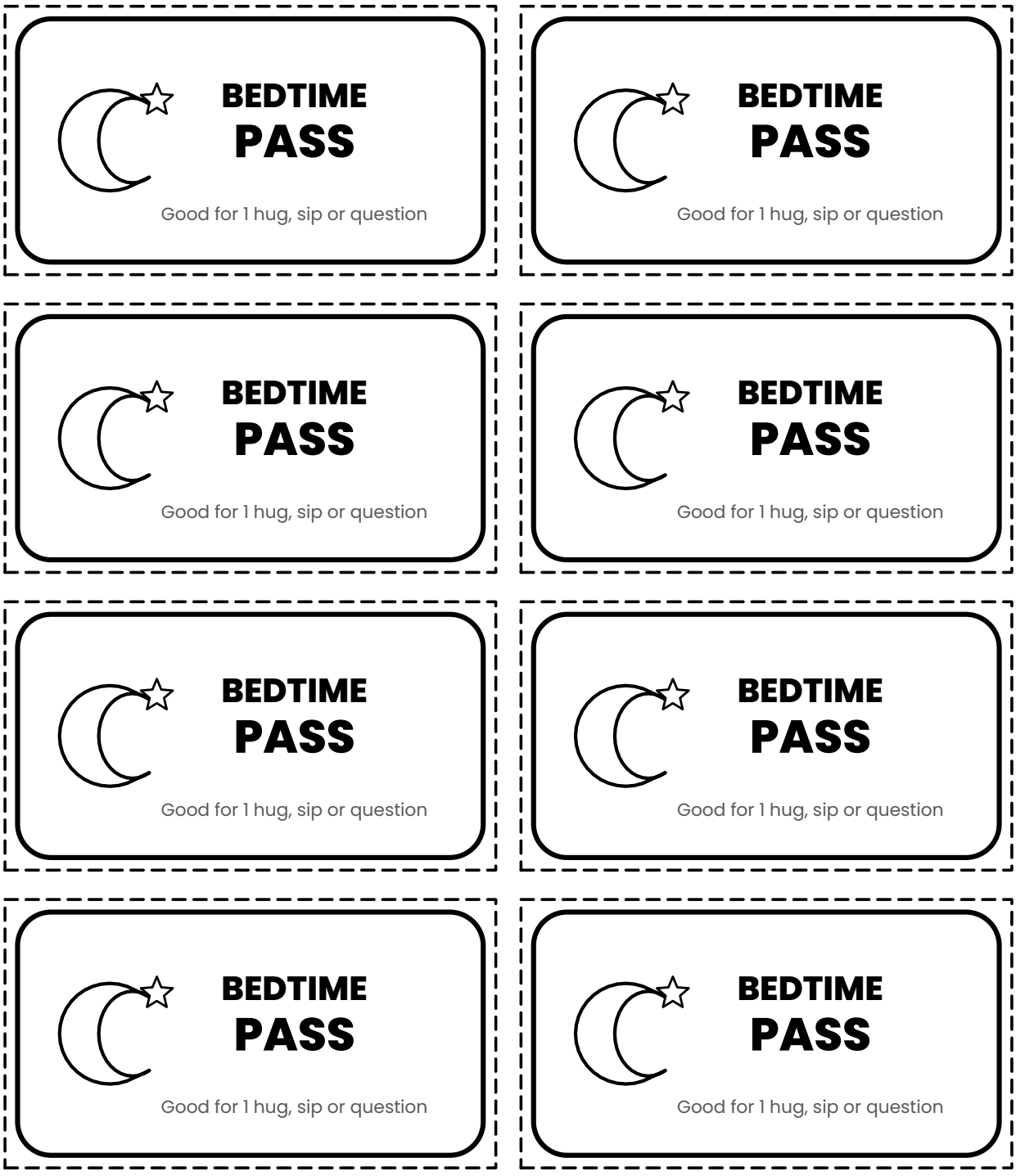
A grown-up helps with scissors.

Bedtime Passes

Give 1 or 2 passes each night. Each pass = one quick request after goodnight.
Color them in first!



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