Making a Visual Bedtime Routine

The bedtime routine can be challenging for many families. This visual schedule will help your child learn the steps of getting ready for bed and support them as they gain independence with this routine.

1. Cut out the images from the next page and Velcro or tape them to the corresponding square on the left (page 3).

2. As your child completes a step, have them move it to the square on the right labeled "all done." This will help your child visually monitor their progress as they get ready for bed.

3. Provide positive descriptive feedback and other positive attention frequently as your child completes each step.

For more information on using a visual schedule and other visual schedules, click here.
Take bath
Put on pajamas
Brush teeth
Story
Sleep
I'm getting ready for bed.

Place step one here

Place step two here

Place step three here

Place step four here

Place step five here

All done

All done

All done

All done

All done