

Wonderland Sleep Co.



Each colour on the main guide represents a different stage of your night time routine.

Choose steps to create the routine that will work best for your family. Include your child in some choices.

Cut them out and apply sticky tack or velcro dots.

Hang your guide up on the wall in your child's bedroom.

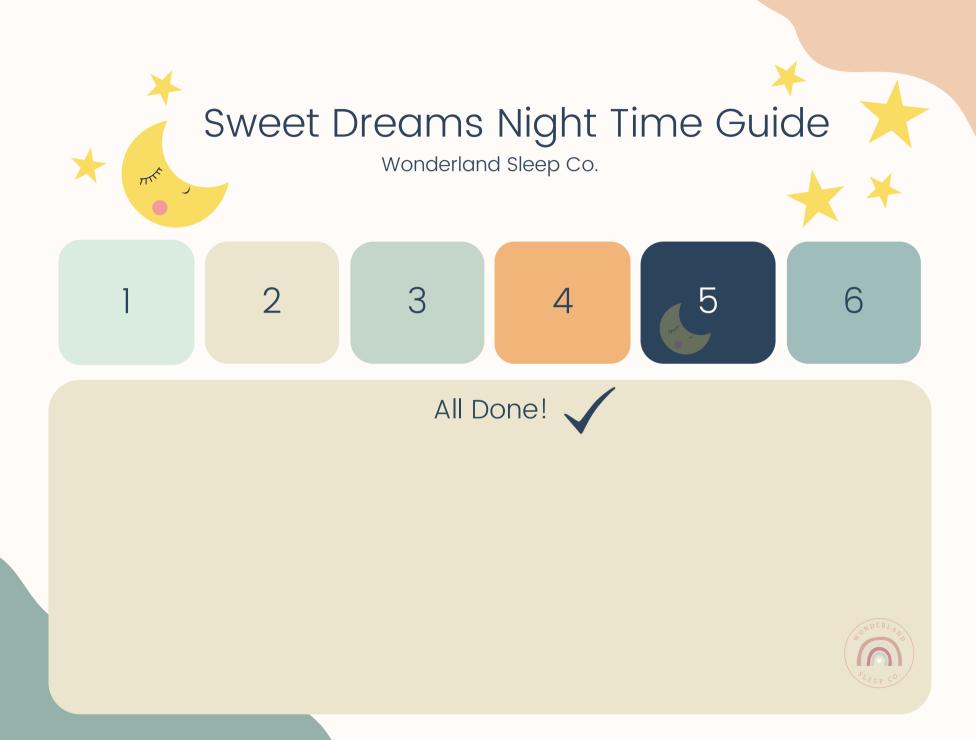
When it's time to start the routine, let them point and tell you what's next after each step. Ask your child to place completed activities in the 'All Done' box to feel accomplished with each step.

Include sleep time in stage 5 with the moon image. During this time, your child's only job is to sleep!











All Done!





Steps





































