



# Sweet Dreams Night Time Guide

Wonderland Sleep Co.



1

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

2

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.

3

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

4

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.

5

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



6

Stage 6 is wake up time! Use the star image to represent something special that your child can expect every morning when it is time to wake up.





# Sweet Dreams Night Time Guide

Wonderland Sleep Co.



1

2

3

4

5

6





# Sweet Dreams Night Time Guide

Wonderland Sleep Co.



All Done!





# Sweet Dreams Night Time Routine

Wonderland Sleep Co.



All Done!





# Steps

