

Bedtime Checklist

 Put away toys and other things.	 Shower, bathe, or wash up.
 Put finished homework in homework folder.	 Dry off.
 Put homework folder in backpack.	 Put on pajamas.
 Check calendar for other items to pack (library books, gym clothes, etc.).	 Brush teeth.
 Check lunch menu to see if you need a packed lunch/snack.	 Lay out clothes for tomorrow morning.
 Choose and lay out pajamas.	 Use bathroom.
 Pick a bedtime story.	 Double-check or set a wake-up alarm.
 Grab a towel.	 Double-check or turn on night-light.
 Undress and put dirty laundry in hamper.	 Read bedtime story.