

My Calm Bedtime Routine

A gentle wind-down for little ones

1

Bath time

Warm water and calm little splashes.

2

Pyjamas & teeth

Get cozy and brush those teeth.

3

Dim the lights

Soft and quiet now — the day is ending.

4

A calm story

Snuggle up and watch or read a gentle story.

5

Cuddle & goodnight

One last hug. Sweet dreams, little one.

