

Cool Tool for Parents
**BEDTIME ROUTINE**

**FAMILY EXPECTATIONS:**

Be Safe \* Be Respectful \* Be Responsible \* Be Caring \* It’s the Jaguar Way!

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| BE SAFEGet ready safely. | BE RESPECTFULFollow parent’s directions. | BE RESPONSIBLEFollow your bedtime checklist. | BE CARINGFollow your bedtime routine without complaining. |

BEDTIME ROUTINE PROCEDURES:

1. Establish a consistent bedtime for school nights.
2. Post copies of the bedtime checklist where they are easily visible to your child.
3. About one half hour before the bedtime routine begins, give your child a warning that bedtime is approaching.
4. Five minutes before the bedtime routine begins, remind your child to finish up the activity he/she is doing.
5. Walk your child through the steps of their bed time checklist (They will become more independent with practice).
6. After all steps in the checklist are complete, say goodnight to your child and leave the bedroom.

WHAT IF…

Your child is not able to complete parts of the bedtime routine independently?

* Have your child do what he/she can and ask you for assistance when needed.

Your child argues about bedtime or following the bedtime routine?

* Calmly remind your child that he/she will have to go to bed earlier the next night.

Your child gets frequently distracted following the bedtime routine?

* Use a timer to help your child keep focused on each activity
* Use a positive reinforcement system (sticker chart) to encourage and motivate your child. Reinforcements should be tied to the bedtime routine, for example, after three days of following the routine, the child can earn 10 extra minutes of bedtime stories/reading.

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| TIME |  | M | T | W | Th | F |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IETBNSVX\MC900441808[1].pngBrush Teeth |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T1SE6GLN\MM900365300[1].gifShower/Bath/Wash Up |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IETBNSVX\MC900057010[1].wmfPajamas |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L50O7U26\MC900232970[1].wmfC:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DGBM8FJ2\MC900232952[1].wmfChoose clothes for Tomorrow |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L50O7U26\MC900390758[1].wmfBedtime Story |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DGBM8FJ2\MM900283964[1].gifLights Out |  |  |  |  |  |