

Oliver's Bedtime Routine

An eight-step wind-down for children ages 2–5, inspired by *Oliver Gets Ready for Bed*. Tick each step together as the sky goes dark.

1 **Bath or wash**
warm water, calm voices

2 **Soft scarf and pyjamas on**
cosy and ready

3 **Brush teeth**
top, bottom, all around

4 **Choose one book**
let them pick tonight's story

5 **Read together**
snuggle in close

6 **Dim the lamp**
lower the lights, lower our voices

7 **Three slow breaths**
in through the nose, out like a sleepy owl

8 **Settle and goodnight**
tuck in, leave a soft light if it helps

Tonight's bedtime helper: _____ Goodnight word: _____