



# Oliver's Cosy Bedtime Path



A gentle wind-down your child can follow, tick, or play with, for little ones (about ages 2 to 5).

Follow the lantern path to bed

How to use: pop it in a plastic sleeve or laminate it and let your child tick each step with a wipe-off pen, or cut out the cards on page 2 and let them move each one to 'all done'.



1

**Tidy the toys away**

☐

2

**Bath or a quick wash**

☐

3

**Pyjamas on**

☐

4

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

☐

5

**A warm drink** · if you have one

☐

6

**Choose tonight's story**

☐

7

**Lights down low**

☐

8

**Tuck in for the night**

☐

9

**Goodnight**

☐

10

**Our family's own step**

☐

11

**Our family's own step**

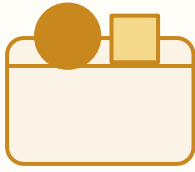
☐

From Lantern Path Books, makers of *Oliver and the Lantern Path*, a gentle bedtime story. No purchase needed: this printable is yours to keep.

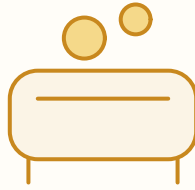
**Lantern Path Books**

# Cut-out routine cards

*Cut along the dotted lines. Lay the cards out in order, or move each one to 'all done' as you go. Blank cards are for your family's own steps.*



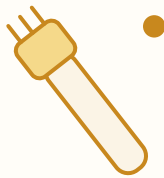
**Tidy the toys away**



**Bath or a quick wash**



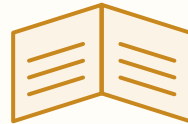
**Pyjamas on**



**Brush teeth**



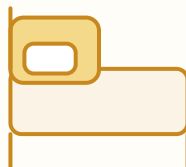
**A warm drink**



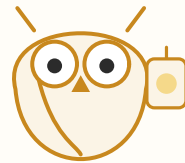
**Choose tonight's story**



**Lights down low**



**Tuck in for the night**



**Goodnight**



**Our own step**



**Our own step**



**Our own step**

*Tip: laminate the cards (or use a sticky dot) so they last and can be used every night.*