



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

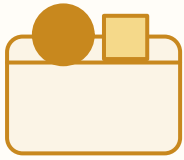
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From Lantern Path Books, makers of *Oliver and the Lantern Path*, a gentle bedtime story. No purchase needed: this printable is yours to keep.

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.



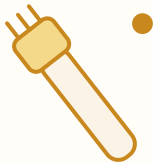
Tidy the toys away



Bath or a quick wash



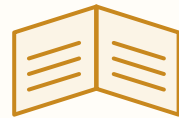
Pyjamas on



Brush teeth



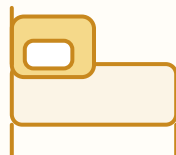
A warm drink



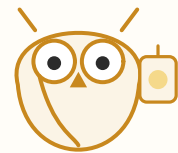
Choose tonight's story



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.