



🌙 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: _____

