

FREE PRINTABLE FOR AGES 2 TO 5

# The 5-Minute Bedtime Checklist

Use this quick one-pager every night to move from play to lights-out without reinventing the routine.

## STEP 1

10 TO 15  
MINUTES

### Wind down the room

- Turn off screens and loud background noise.
- Dim the lights and shift to books, coloring, or puzzles.
- Give a short preview that bedtime is starting.

**TRY SAYING:** "We're starting our cozy bedtime time now."

## STEP 2

ABOUT 10  
MINUTES

### Run the hygiene routine

- Do bath or a quick wash-up.
- Brush teeth and use the toilet or change the pull-up.
- Keep the same order each night so the routine feels automatic.

**TRY SAYING:** "First teeth, then pajamas."

## STEP 3

ABOUT 5  
MINUTES

### Set up sleep comfort

- Change into pajamas right away after hygiene.
- Choose one or two sleep comfort items.
- Set out water or the night-light if they are part of the routine.

**TRY SAYING:** "It's pajama time. You can step in, or I will help you."

## STEP 4

ABOUT 10  
MINUTES

### Keep connection calm

- Read one to three short books or sing one lullaby.
- Decide the number of books or songs before you start.
- Repeat the limit instead of reopening negotiations.

**TRY SAYING:** "We're reading two books tonight."

**STEP 5**

2 TO 5  
MINUTES

**Use the same lights-out ritual**

- Tuck in, hug, and say the same short goodnight phrase.
- Turn on the night-light if needed and leave the room the same way.
- Keep any check-in brief so lights-out still means bedtime is over.

**TRY SAYING:** "I love you. You are safe. I'll see you in the morning."

Keep the order consistent, keep the words short, and aim for repetition over perfection. Calm and predictable beats complicated.