Our toddler bedtime sequence and review sheet

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use this for a toddler or young child. It is a routine planner, not infant safer-sleep advice or a sleep-training programme.

Our repeatable sequence

Choose a few steps and draw a picture beside each if useful.

We begin with: _____

Next: _____

Then: _____

Our final quiet step: _____

Our familiar goodnight words: _____

Example: wash, teeth, pyjamas, one chosen story, goodnight. Adapt the order to your family and include any individual care needs.

Prepare before we begin

One item to have ready: _____

A small choice our child can make: _____

A lively activity we will finish earlier: _____

Adult responsible tonight: _____

Continue: Our toddler bedtime sequence and review sheet

If our child needs us again

Comfort or practical needs to check: _____

A worry to talk about earlier in the day: _____

A reassuring response we can manage: _____

A few evenings of observations

Evening one: difficult step / something that helped _____

Evening two: difficult step / something that helped _____

Evening three: difficult step / something that helped _____

Choose one adjustment

What we will change: _____

When we will review it: _____

A question for our health visitor if difficulties continue: _____

Use NHS sleep guidance alongside the plan. Seek professional advice if sleep problems persist or you are concerned about your child's health. A difficult night is information, not a failed worksheet.

Browse all free resources.

For ideas to use alongside this resource, read A calmer toddler bedtime: building a routine you can repeat.

More help for your family

Choose a short wind-down sequence and adjust the difficult part with patience and support.