Toddler Bedtime Routine Chart

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website https://thrive.psu.edu, and sign up today!

Bedtime Routine

6:45 pm	7:00 pm	7:05 pm	7:10 pm	7:20 pm
Bath Time	Put on PJs	Brush Teeth	Read Stories	Go to Bed

Tips for Successful Routines

The timing of a bedtime routine is dependent on the family's schedule. Adjust times accordingly, so children ages 3 to 5 years are getting the recommended 10 to 13 hours of sleep per night.

Add additional items to the bedtime routine as necessary. For example, if your child starts to use excuses to avoid going to sleep — like having to go to the bathroom right after he or she gets into bed — you may need to add time for your child to use the potty after storytime.

Print out a routine chart so your child can follow the steps to see completed tasks and what steps are left to do.

If changes in the routine occur, such as a parent being absent for bedtime, think ahead to avoid behavioral issues. For example, if Dad typically reads the stories but will not be present, record Dad reading the book so you and your child can follow along at bedtime.

Maintain consistency — even across parents and caregivers — so your child knows what to expect.