

# Bedtime Star Tracker

Look at the bedtime pictures in order before the routine begins.

## Bedtime picture sequence



Bath



Pajamas



Books



Sleep

## Parent prompts

What comes after pajamas?

Point to the book picture before story time.

Use one sticker or smile after each finished bedtime step.

# Bedtime Star Tracker nightly tracker

Mark each box with a sticker, star, or smile when the step is finished.

## Bedtime tracker



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Use one row for one bedtime step, such as pajamas, books, or lights out.