



THE

Night Routine Card Pack

Printable bedtime cards, a weekly planner and a star chart that turn the last hour of the day into a calm, predictable wind-down your child can actually run themselves.

WHAT'S INSIDE

- ★ 18 illustrated routine cards, ready to print and cut
- ★ 4 blank cards so you can add your own steps
- ★ A 7-night planner and a 20-star reward chart

By Elowen Thorn

Savorydiscovery.com

How to Use These Cards

Five minutes of setup buys you months of calmer evenings

1

Print on thick paper

Print at 100% scale, not "fit to page". Card stock around 200-250 gsm holds up best; plain paper works if you laminate or slide the cards into plastic sleeves.

2

Cut and punch

Cut along the dotted guides, then punch a single hole in the top-left corner of each card. Thread them onto a metal ring, or stick a magnet or a piece of hook-and-loop tape on the back.

3

Choose, don't impose

Lay all the cards out and let your child pick the ones that fit your family. Aim for four to six steps. Fewer steps done every night beats ten steps done twice a week.

4

Let them set the order

Hand over the sequencing. Children follow a routine far more willingly when they built it. You keep veto power over anything unsafe or unworkable.

5

Walk it together, then step back

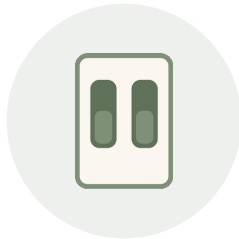
For three or four nights, do the routine with them and narrate it. Then start standing back. The goal is a child who checks the cards instead of checking with you.

Timing tip

A routine of 20 to 30 minutes, using the same handful of calming steps in the same order, is the shape most sleep clinicians recommend. That is roughly what these cards build.

Routine Cards

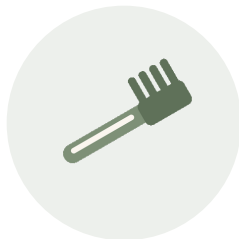
Cut along the dotted guides · part 1 of 3



**Lights
Down**



**Bath or
Shower**



**Brush
Teeth**



**Brush
Hair**



**Pajamas
On**



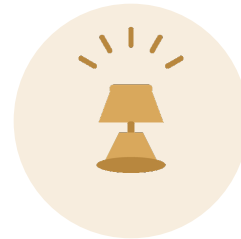
**Drink of
Water**

Routine Cards

Cut along the dotted guides · part 2 of 3



**Toilet Last
Call**



**Night Light
On**



**Story
Time**



**Quiet Book
Time**



**Tidy One
Thing**



**Goodnight
Hug**

Routine Cards

Cut along the dotted guides · part 3 of 3



**Three Big
Breaths**



**Thankful
For**



**Cuddle
Countdown**



**Sound Machine
On**



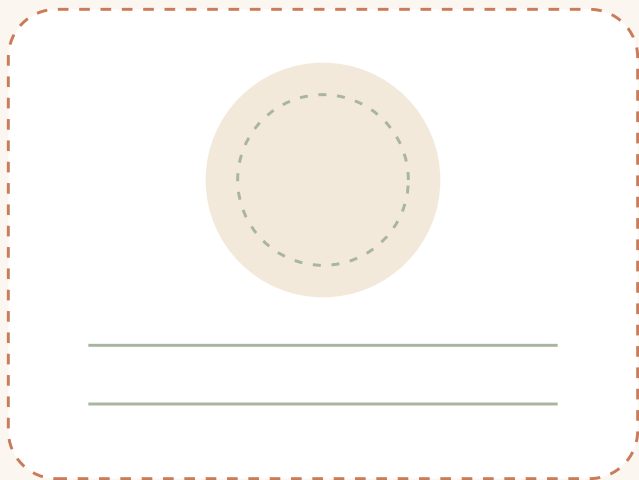
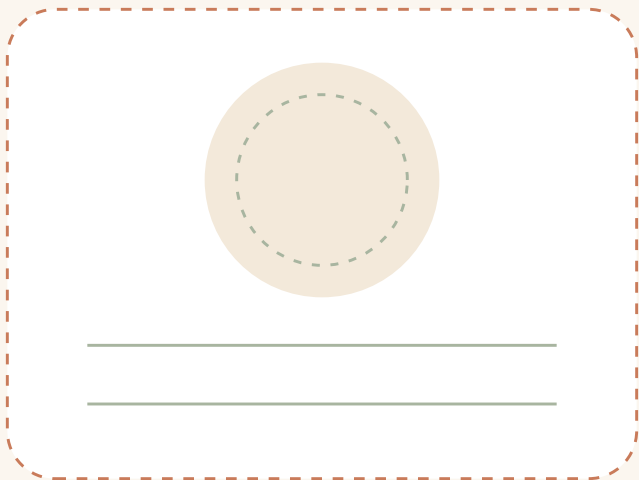
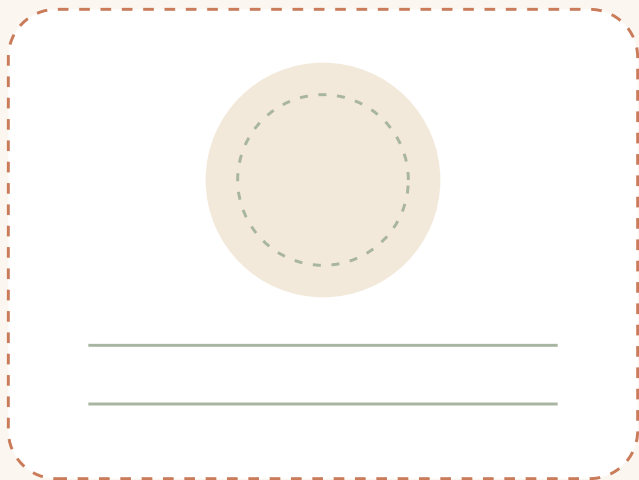
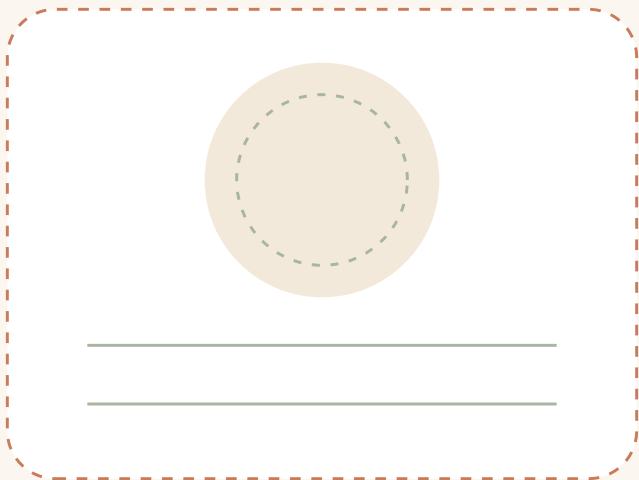
**Say
Goodnight**



**Eyes
Closed**

Make Your Own

Write it in, draw it in, make it yours



Weekly Bedtime Planner

Same steps, same order, every night

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start time							
Lights out							
Steps used							
How it went							

The two rules that matter most

Keep the order identical each night so the sequence itself becomes the cue. Keep the start time steady too, within about fifteen minutes either way — even at weekends.

20-Star Wind-Down Chart

One star for each night they run the routine

 1	 2	 3	 4	 5
 6	 7	 8	 9	 10
 11	 12	 13	 14	 15
 16	 17	 18	 19	 20

Reward menu

Pick the reward before you start, and keep it small: choosing the weekend film, a later lights-out by fifteen minutes, a ten-minute kickabout, or breakfast for dinner. Praise lands harder than prizes — name the thing they did well, not just the star.

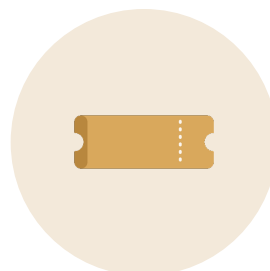
Two More Tools

For the nights that still wobble



Three Big Breaths

Smell the flower for four counts, blow out the candle for six. Three rounds. The longer exhale is what tips the nervous system toward calm.



One Extra Pass

One cardboard pass, handed to a parent when your child calls you back. One visit, then it is spent until tomorrow. Print four and keep them by the bed.

ONE EXTRA PASS — good for one more goodnight visit

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Quick Fixes

When the routine starts to slide

★ **They keep adding steps**

The cards are the boundary, not you. Point at the ring and say "that is the list" — then go straight to the next card.

★ **It drags past half an hour**

Trim a step before you trim patience. Move tidying or hair brushing to earlier in the evening.

★ **Lights out triggers tears**

Add one card before lights out that belongs to them: a hug, three breaths, or naming one good thing from the day.

★ **It works at home, not at grandma's**

Travel with the ring of cards. Same order, shorter steps — five minutes each is fine.

★ **They refuse a specific card**

Ask which card should come first. Reordering often dissolves the standoff without you giving anything up.

★ **Progress stalls after a week**

Change one thing, not everything: a new card, a new reward, or a slightly later start time.



You've got this.

Bedtime is a skill, and skills are built one repetition at a time. Print the cards, start with four steps, and give it two weeks.

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More bedtime and family guides

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