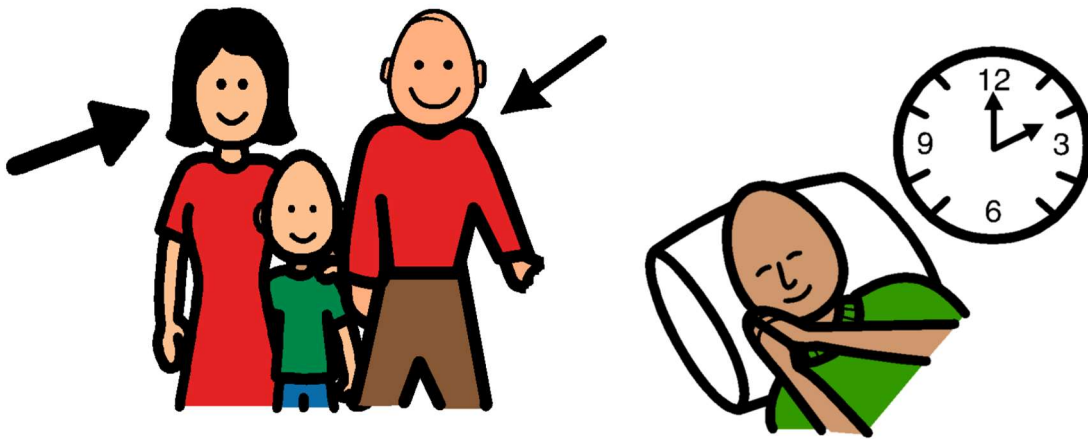
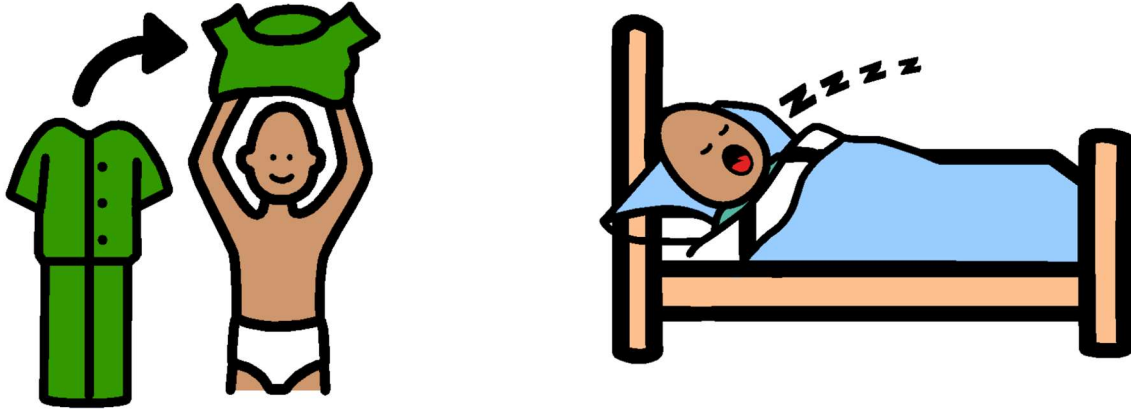
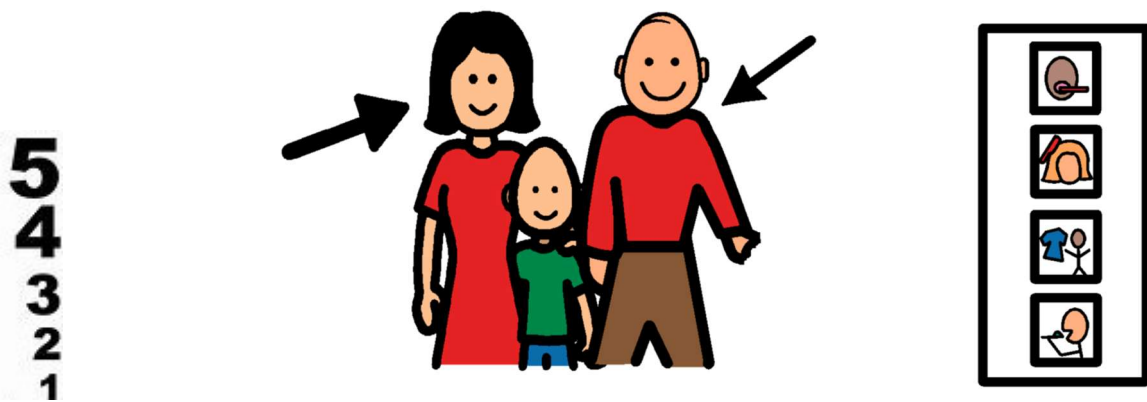


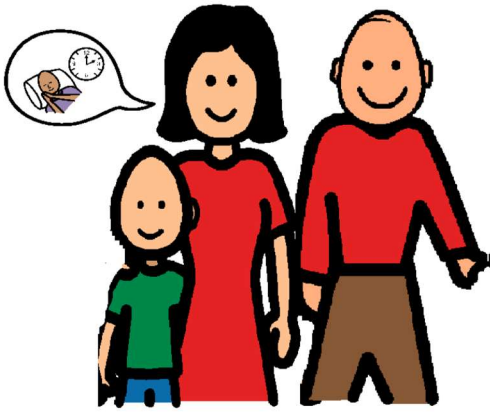
Getting Ready for Bed



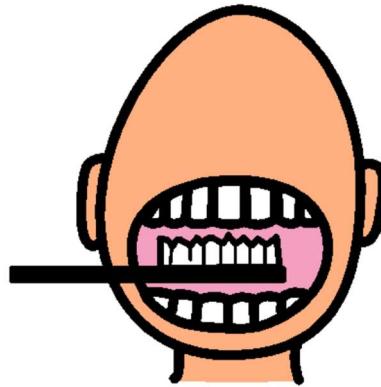
Mum and Dad know when it is time for bed.



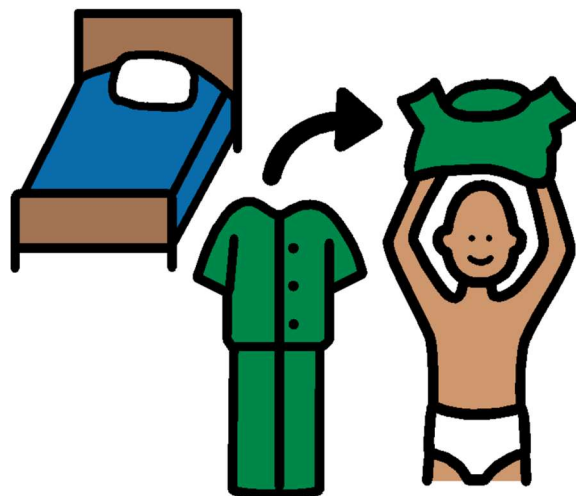
When the countdown card has finished, mum or dad will help me follow my bedtime routine to help me get ready to go to bed.



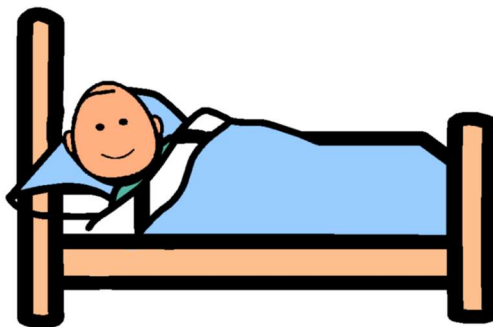
When mum or dad tells me its bedtime, I will go to the toilet, get undressed and have a bath.



I will then brush my teeth.



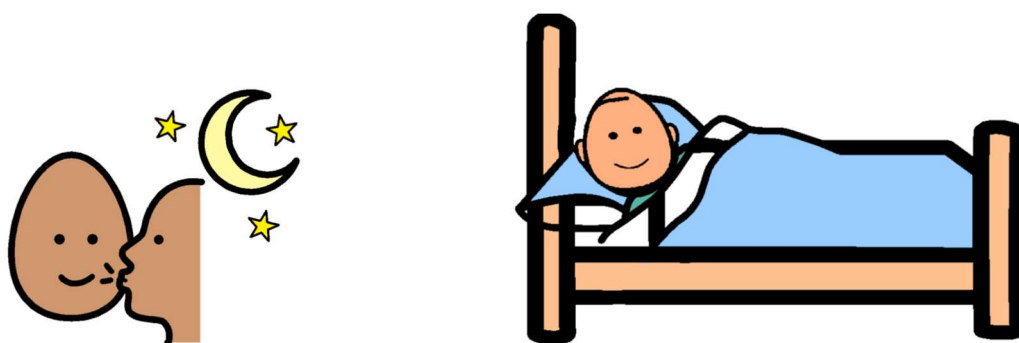
I will then put on my pyjamas.



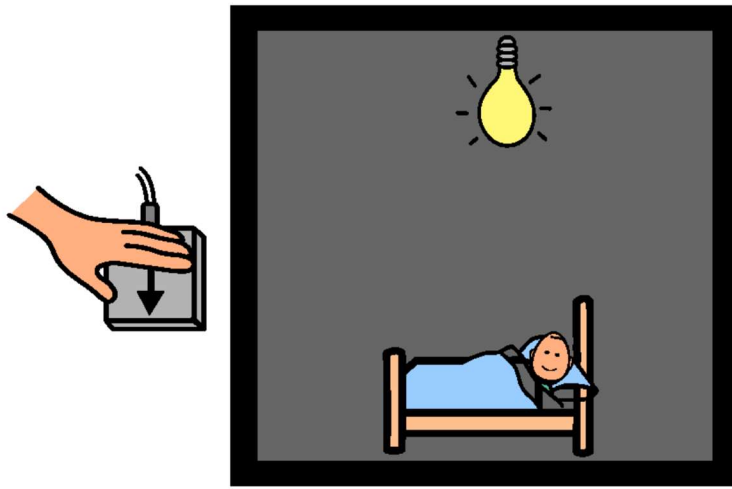
I will then get into bed.



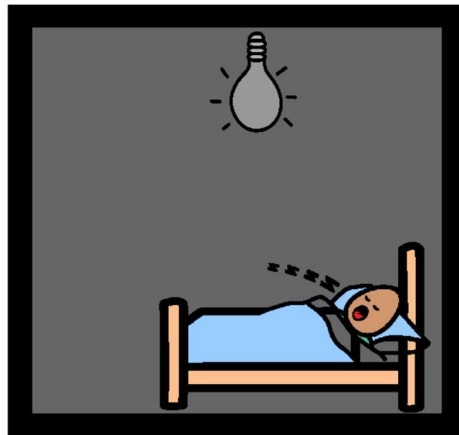
Mum or Dad will read me one story before I go to sleep.



When the story has finished I will give mum or dad a kiss and say goodnight.



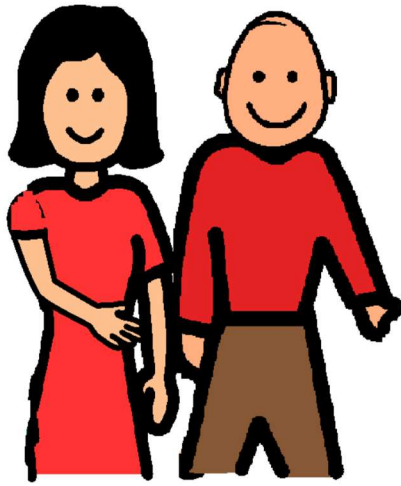
Mum or dad will turn out the big light, put on the night light and leave the room.



I will try to close my eyes and lay quietly until I am asleep



If I cannot sleep, I can cuddle my toy.



Mum and Dad are very happy when I go to bed and sleep all night.



When I follow my bedtime routine, I will get a high five in the morning.