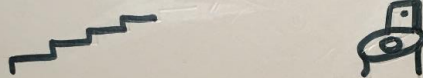


Bed time

Mum or dad will tell me when it is time to go to bed



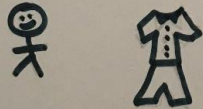
I will go upstairs and go to the toilet



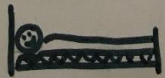
Then I will brush my teeth



and put on my pyjamas



I will then get into bed



mum or dad will read me a story



and say good night.

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



I will have a good rest and my mum and dad will be happy.

