

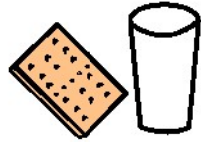
PM



bedtime routine



drink warm milk



supper



toilet and wash hands



toilet



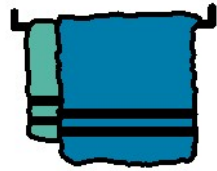
clothes off



bath



wash



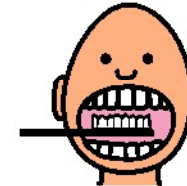
dry



pyjamas



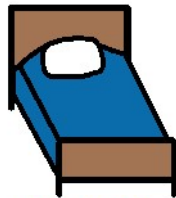
brush hair



brush teeth



choose cuddly toy



get into bed



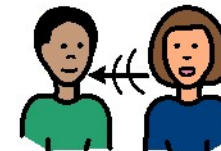
listen to a story



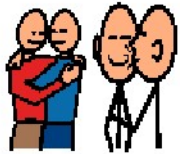
listen to music



sing nursery rhymes



talking time



hug and kiss goodnight



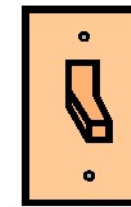
hug cuddly toy



go to sleep



close curtains



turn off light



lie down



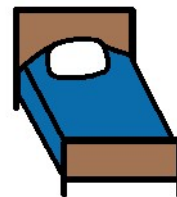
pull up covers



toilet



toilet and wash hands



get into bed



hug cuddly toy



go to sleep