

Bedtime Routine — my plan

STEP 1



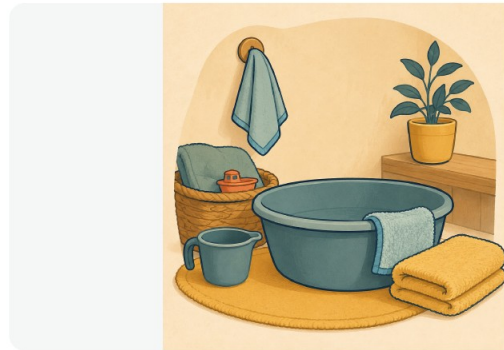
Quiet time

Slow the pace



www.myautismhub.com

STEP 2



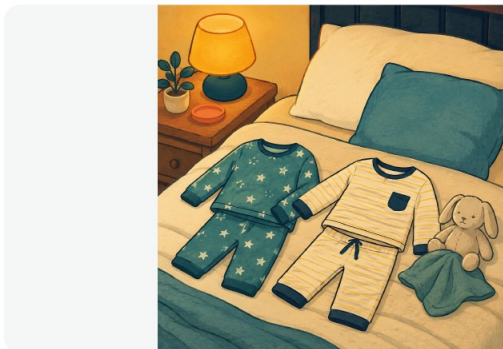
Wash or bath

Fresh and comfortable



www.myautismhub.com

STEP 3



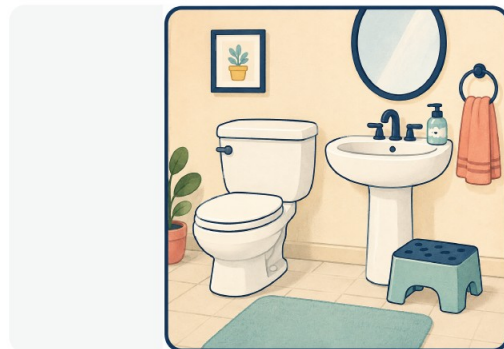
Pyjamas

Choose comfort



www.myautismhub.com

STEP 4



Bathroom

Toilet and wash hands



www.myautismhub.com

STEP 5



Brush teeth

Clean teeth



www.myautismhub.com

STEP 6



Story or song

Something familiar



www.myautismhub.com

STEP 7



Goodnight cue

Same words or action



www.myautismhub.com

STEP 8



Ready to rest

Time to settle



www.myautismhub.com