



Realistic Child Bedtime Routine



Complete the task ontime and you get a Star! (Remember crying and throwing a fit throughout the night will earn you bonus points*)

Time -	8:00pm	8:15pm	8:31pm	8:37pm	8:51pm	9:03pm	9:23pm	9:54pm
MY RACIDAD .COM	Brush Teeth, Go Potty, Get PJ's On by 8:15pm	Read Stories, Sing Songs, Lights Out. by 8:30	Get out of bed and claim that you are hungry.	Get out of bed cause you need to tell Mommy something.	Get out of bed to pee, but don't really pee.	Get out of bed cause you are scared.	Receive your final warning for getting out of bed.	Asleep at last.
Monday	X	X	★	★	★	★	★	X
Tuesday	X	X	★	★	X	★	★	★
Wednesday	X	X	X	★	★	★	★	★
Thursday	X	X	★	★	★	X	★	★
Friday	X	X	★	X	★	★	★	X
Saturday	X	X	★	★	★	★	★	X
Sunday	X	X	★	★	★	★	★	★

*Earn enough bonus points and you win a spanking!