

The last half-hour before bed

What we do before bed, in the same order, most nights. Draw each step in its box, or write it on the line.

Screens off at

Lights out at

1		
2		
3		
4		
5		
6		

WHAT WE SAY AT THE DOOR

For example: "I'm going now. I'll see you at breakfast."

FOR THE PARENT

Go slowly. She can tell when you're in a hurry to get downstairs, and she'll keep calling you back. Turn screens off before the half-hour begins, ideally an hour before she sleeps, and give the new order at least two weeks. If she snores loudly most nights, or her breathing seems to stop and start in her sleep, see your GP.