



GROOVY BEDTIME REWARD CHART AND TIPS!


Use these tips to help your little cat get ready for bed and excited to start snoozing!
Use your glow-in-the-dark sticker pack as a reward when you have finished
your bedtime routine!

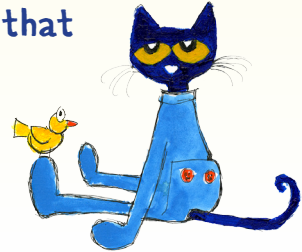
 **Keep bedtime a consistent time so kids know when to start winding down**

 **Use a bedtime chart (like the one below) to visualize a routine**

 **Play soft music**

 **Give a warm bath or back rub**

 **Ask three groovy things that made your little cat happy that day**



	Night #1	Night #2	Night #3	Night #4	Night #5	Night #6	Night #7
Put on groovy pajamas							
Brush teeth							
Take a few sips of water							
Use the bathroom							
Read <i>Pete the Cat and the Bedtime Blues</i>							
Lights out!							