



IES Grant #  
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# Making a Visual Bedtime Routine



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**The bedtime routine can be challenging for many families. This visual schedule will help your child learn the steps of getting ready for bed and support them as they gain independence with this routine.**

1

**Cut out the images from the next page and Velcro or tape them to the corresponding square on the left (page 3).**

2

**As your child completes a step, have them move it to the square on the right labeled "all done." This will help your child visually monitor their progress as they get ready for bed.**

3

**Provide positive descriptive feedback and other positive attention frequently as your child completes each step.**

**For more information on using a visual schedule and other visual schedules, click [here](#).**





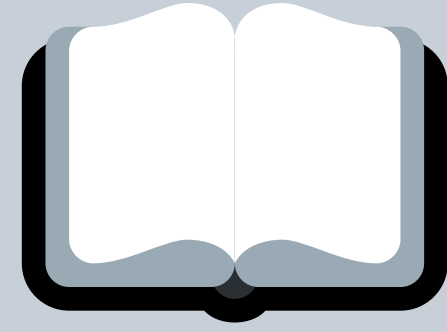
**Take bath**



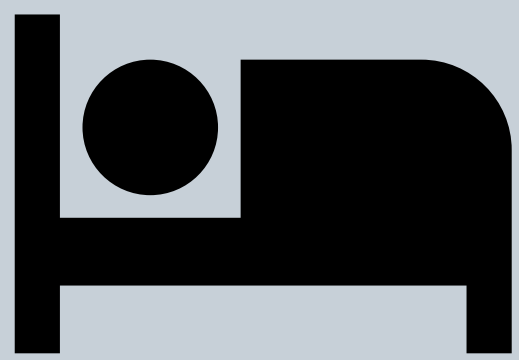
**Put on pajamas**



**Brush teeth**



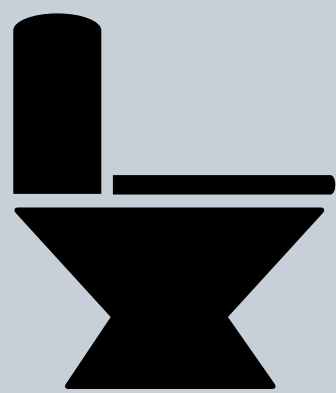
**Story**



**Sleep**



**Song**



**Go potty**



**Pray**

# I'm getting ready for bed.

Place step one  
here

All done



Place step two  
here

All done



Place step three  
here

All done



Place step four  
here

All done



Place step five  
here

All done

