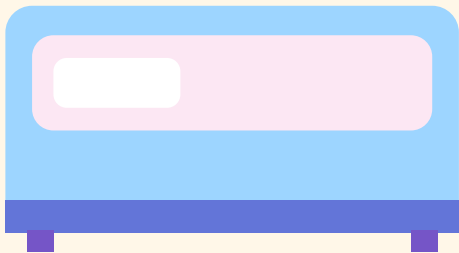


Peaceful Bedtime Routine With Sleep Music Chart

★ Calm steps, sleepy songs, and a gentle bedtime rhythm



Inside this printable pack

- ★ Bedtime routine visual chart
- ★ Sleep music playlist planner
- ★ Brush, book, bed checklist
- ★ Calm-down song cards
- ★ Weekly bedtime tracker
- ★ Little Bedtime Star certificate

10 Printable Pages

Print, follow, sing, and rest

How to Use This Pack

Simple bedtime steps

1

1. Pick one routine

Choose a small set of bedtime steps your child can repeat each night.

2

2. Choose calm music

Use soft songs, lullabies, gentle instrumental music, or a quiet bedtime playlist.

3

3. Keep it familiar

Use the same order most nights so your child knows what comes next.

4

4. Celebrate calm effort

Praise small moments of cooperation, calm voices, and trying the routine again.

Safety reminder

Always supervise children. Keep cords and devices away from the sleep space, keep the volume low, and follow safe sleep guidance for babies and young children.

Parent note

This chart is a gentle support, not a strict rule. A peaceful bedtime routine should feel calm, loving, and repeatable for your own family.

Bedtime Routine Visual Chart

1

Wash

wash or bath

2

Pyjamas

get cosy

3

Brush Teeth

clean smile

4

Book

one calm story

5

Cuddle

safe and loved

6

Sleep Music

soft song

7

Goodnight

same phrase

Write song title

calm / cosy

wind-down / sleep

Write song title

calm / cosy

wind-down / sleep

Write song title

calm / cosy

wind-down / sleep

Write song title

calm / cosy

wind-down / sleep

Write song title

calm / cosy

wind-down / sleep

My sleepy song rules

☐ Low volume

☐ No sudden loud sounds

☐ Calm pace

☐ Same playlist most nights

Brush, Book, Bed Checklist

Use this simple checklist to help your child see the bedtime routine. Tick each step together as you go.

☐ Brush teeth clean and bright

☐ Wash face or hands fresh and cosy

☐ Put on pyjamas ready for rest

☐ Read one calm book quiet story time

☐ Cuddle or prayer connection moment

☐ Play sleepy music soft and low

☐ Say goodnight phrase same words each night

Calm-Down Song Cards



Slow Stretch

Reach up, breathe out



Tiny Star

Twinkle fingers softly



Quiet Bear

Cuddle and breathe



Moon Walk

Tiptoe to bed



Soft Drum

Tap knees gently



Sleepy Cloud

Float arms down



Hush Song

Whisper goodnight



Rest Time

Close eyes softly



Goodnight Phrase Page

A repeated goodnight phrase can help bedtime feel safe and predictable. Choose one short phrase and use it each night.

★ You are safe. You are loved. It is time to rest.

★ Goodnight, I love you, and I will see you in the morning.

★ Sleep tight, little star. Tomorrow is a new day.

★ The day is done. Your body can rest now.

Write your family goodnight phrase

Weekly Bedtime Routine Tracker

Tick each day you try your peaceful routine. Celebrate calm effort, not perfection.

Routine step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wind-down started early	☐	☐	☐	☐	☐	☐	☐
Screens off before bed	☐	☐	☐	☐	☐	☐	☐
Brush, book, bed	☐	☐	☐	☐	☐	☐	☐
Sleep music used	☐	☐	☐	☐	☐	☐	☐
Goodnight phrase	☐	☐	☐	☐	☐	☐	☐
Calm effort praised	☐	☐	☐	☐	☐	☐	☐

This week felt...

☐ calm

☐ mixed

☐ hard

☐ better

My Favourite Sleepy Songs

Write down the songs, lullabies, hums, or gentle sounds that help your child feel calm at bedtime.

1

2

3

4

5

6

7

8



Little Bedtime Star Certificate



Congratulations!

This certificate is proudly awarded to:

for practising a peaceful bedtime routine with sleepy songs.

Date

Signed



Great job, Bedtime Star!