

KID'S BEDTIME

cheat sheet

WWW.THEMILITARYWIFEANDMOM.COM

AGE	IDEAL BEDTIME	AVG SLEEP NEEDED
2-3	6-7:30 PM	12-14 HOURS
4-5	6-8 PM	11-13 HOURS
6-7	7-8:30 PM	10-12 HOURS
7-8	7:30-8:30 PM	10-11 HOURS
9-10	7:30-8:45 PM	10-11 HOURS
11-12	8-9:30 PM	10-11 HOURS

Keep bedtime the same each night.

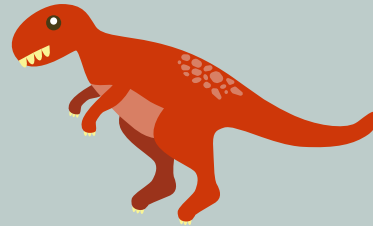
Do the same bedtime routine each night.

Consider morning wake up time when choosing a bedtime.

My Bedtime Routine

www.themilitarywifeandmom.com

Quiet Play



Books



Brush Teeth



Lights Out



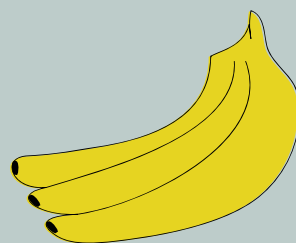
Pajamas



Goodnight Hugs



Bedtime Snack



Bath

