



The 7-Step Bedtime Routine for Kids Aged 2-7

Every bedtime a battle? Stick with this routine for 2 weeks — before long it runs on autopilot.

HuggleTales-Tip: If the last story becomes a delay-tactic: record 30 s of your voice (Voice-Cloning) — then your voice reads every HuggleTales story. Sleep Timer stops automatically after 15 min.

The 7 Steps (each 2-3 min)

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| ☐ Brush teeth — same spot, same song | ☐ Bathroom before bed (not after getting into bed) |
| ☐ Put on pyjamas — let the child dress themselves | ☐ Place stuffed animal (max 1 piece) |
| ☐ Tuck in covers — child may help | ☐ Quiet wind-down activity (no bouncing!) |
| ☐ Lights out / night-light on — door ajar | |

Timing

Give each step a fixed time. Consistency = less grumbling.

3 Mistakes Most Parents Make

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| ☐ “One more book or 5 minutes” — you reward the delay | ☐ Screen directly before bed — blue light suppresses melatonin |
| ☐ Different routine every night — the child never knows what's coming | |

Tip

Say 'Tomorrow you get two!' and stick with it — 3-4 nights and it clicks.

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.