

FAMILYDECODE · FREE PRINTABLE

Bedtime Routine Chart (by Age)

A calm, predictable wind-down — tailored to your child's age.

- Typical sleep needs by age
- A simple routine for each stage
- A weekly tracker to tick off

Bedtime by Age

Start the wind-down 30-45 minutes before lights out. Same order every night.

Ages 1-2

~11-14 hrs sleep

Bath -> pajamas -> milk/water -> 2 short books -> cuddle -> lights out

Ages 3-5

~10-13 hrs sleep

Bath -> pajamas -> teeth -> 2 books -> talk about the day -> lights out

Ages 6-12

~9-12 hrs sleep

Shower -> pajamas -> teeth -> quiet reading -> short chat -> lights out

Tip: dim the lights and switch off screens at least an hour before bed. Sleep ranges are general guides.

Our Bedtime Routine

Write your steps, then tick each night. Consistency is what makes it work.

Step	M	T	W	T	F	S	S
Bath / wash	☐	☐	☐	☐	☐	☐	☐
Pajamas	☐	☐	☐	☐	☐	☐	☐
Teeth	☐	☐	☐	☐	☐	☐	☐
Books / reading	☐	☐	☐	☐	☐	☐	☐
Cuddle / chat	☐	☐	☐	☐	☐	☐	☐
Lights out	☐	☐	☐	☐	☐	☐	☐

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
- Travel checklists & activity packs

GET THEM ALL — FREE

familydecode.com/free-printables

Pick the ones your family needs — we'll email them to you. No daily spam, ever.