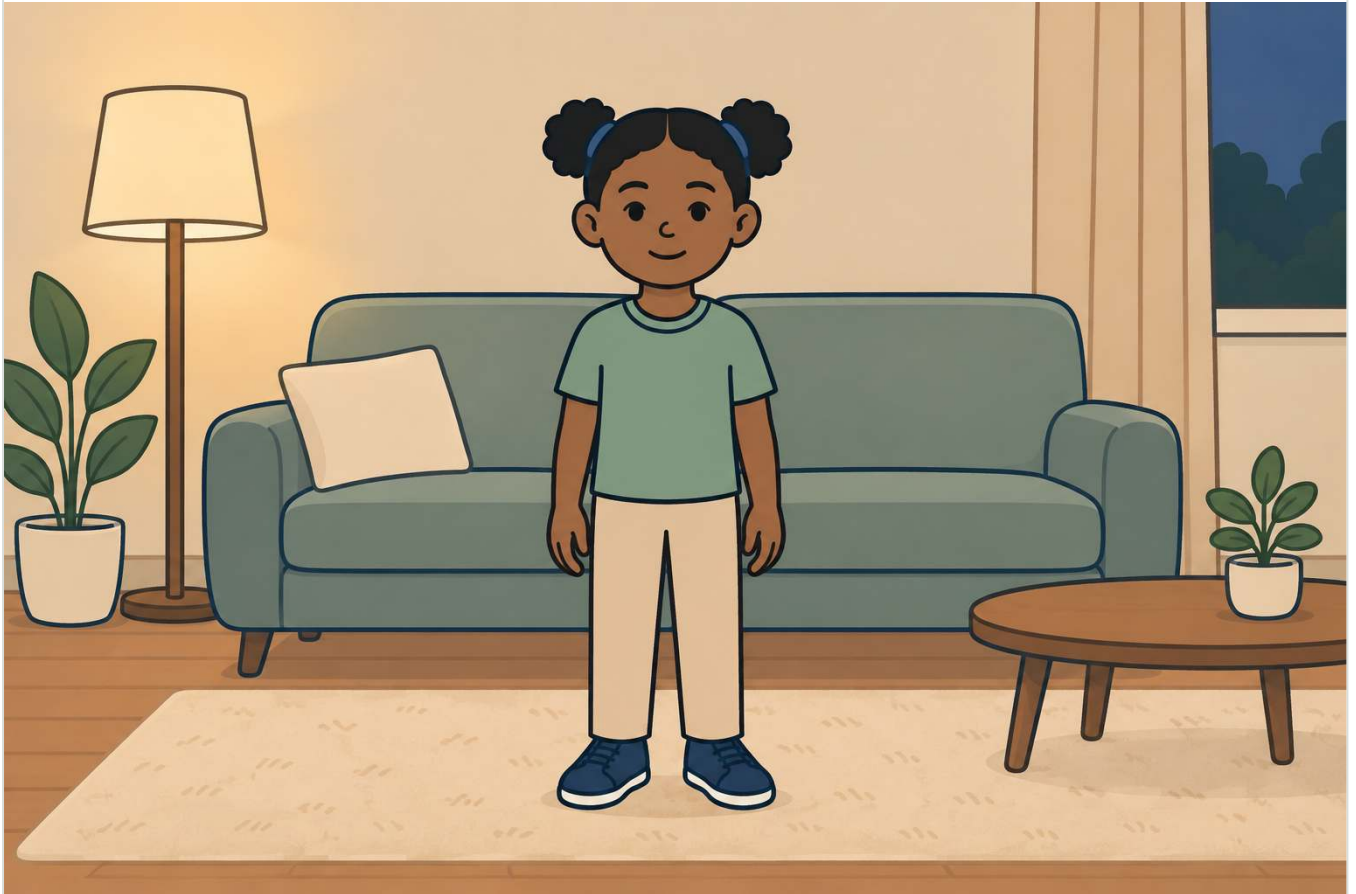


A SOCIAL NARRATIVE

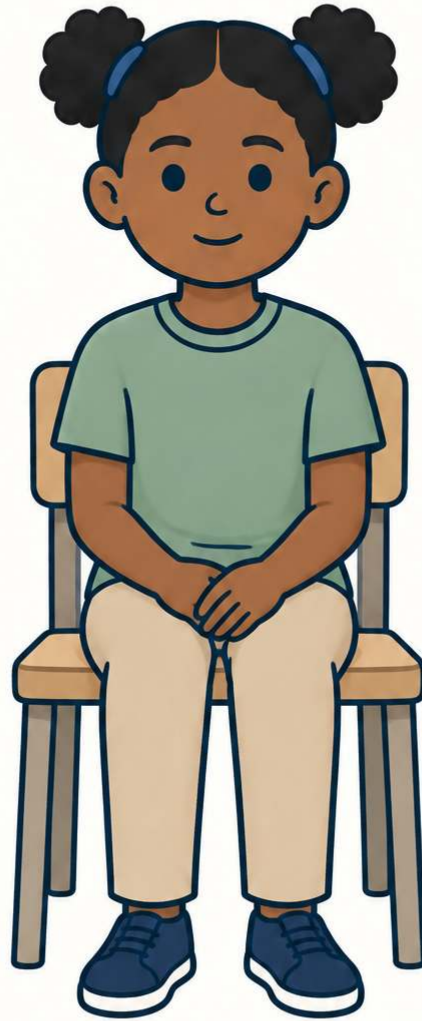
BEDTIME & EVENINGS SERIES



Bedtime Routine



Every day ends with an evening at home before bed. A few things usually happen before it's time to sleep.



Some things stay the same most nights —
having dinner, getting into pyjamas, and
brushing teeth.



There's no one right order for evening. Some kids have a bath first. Some get into pyjamas first. Maya might do it a different way each night.



Brushing teeth can feel different to what's comfortable for some kids. If it feels too much, Maya can mention it to a grown-up at home.



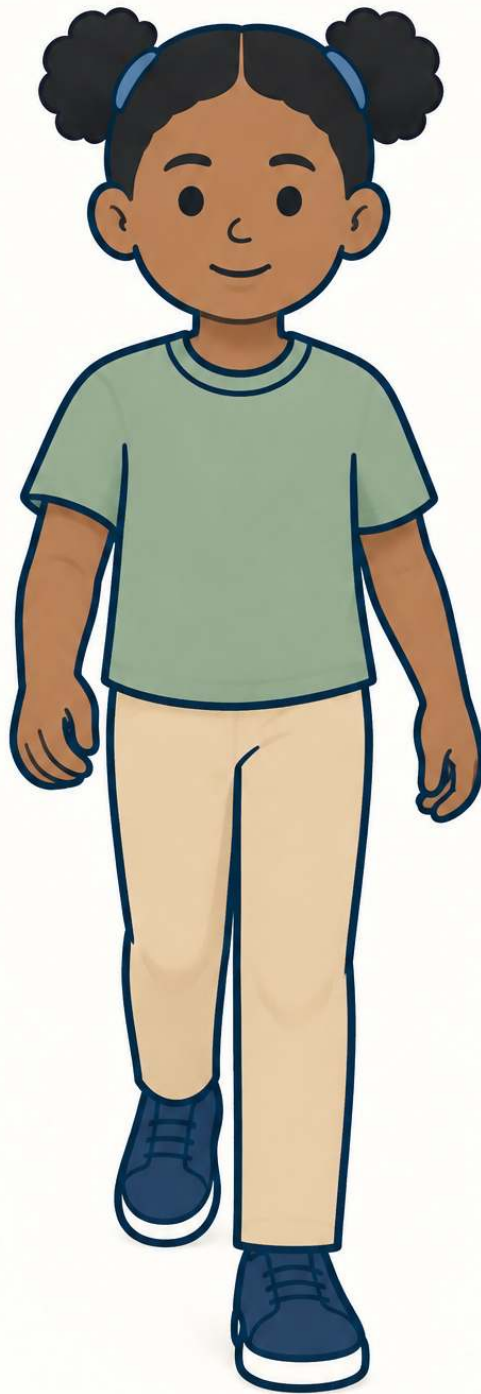
Bedtime might feel like it comes quickly, or slowly. That's okay — it happens at about the same time most nights.



When it's nearly time for lights out, a grown-up at home will let Maya know a few minutes before it's actually time to settle.



If it's hard to settle, Maya can ask a grown-up at home to stay close for a few minutes, or ask for a nightlight.



Every night looks a little different, and that's okay. Sleep comes in its own time.



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