

Time to wind down

Six steps at a calm pace. The clock shows roughly when.



18:00



Dinner

We eat together at the table.

18:30



Bath

Warm water and some time to play.

19:00



Pyjamas

Choosing which ones to wear.

19:10



Brush teeth

Two minutes, we count together.

19:30



Story

A book in bed.

19:45



Sleep

The light goes out.



Good night!

The order is the same every evening, which often makes it easier to fall asleep.