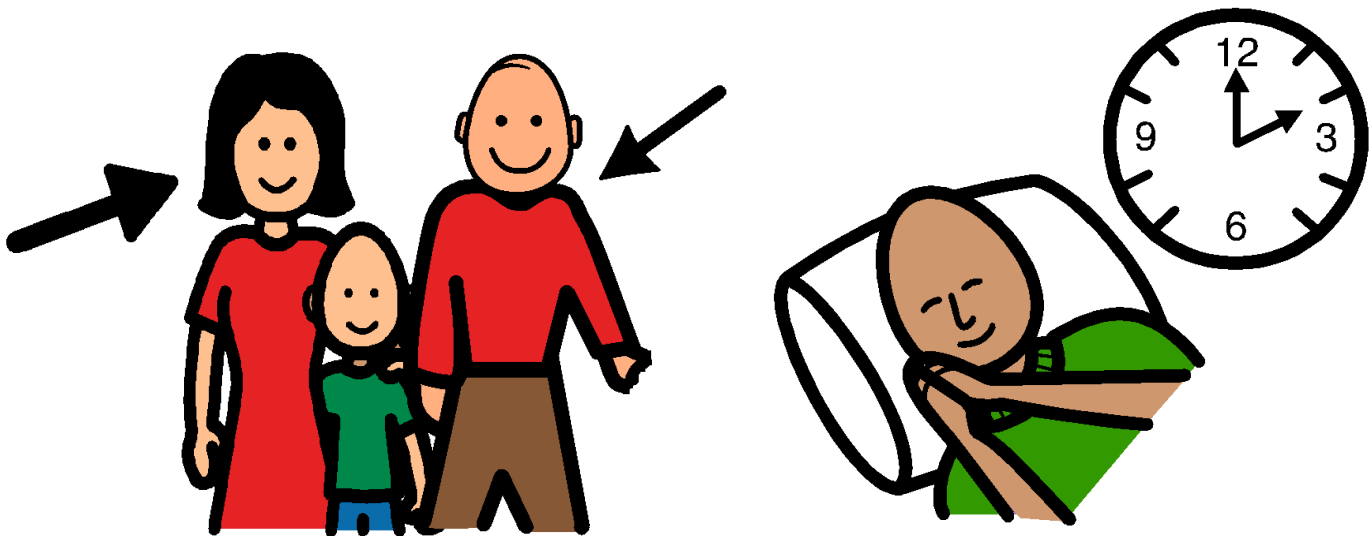
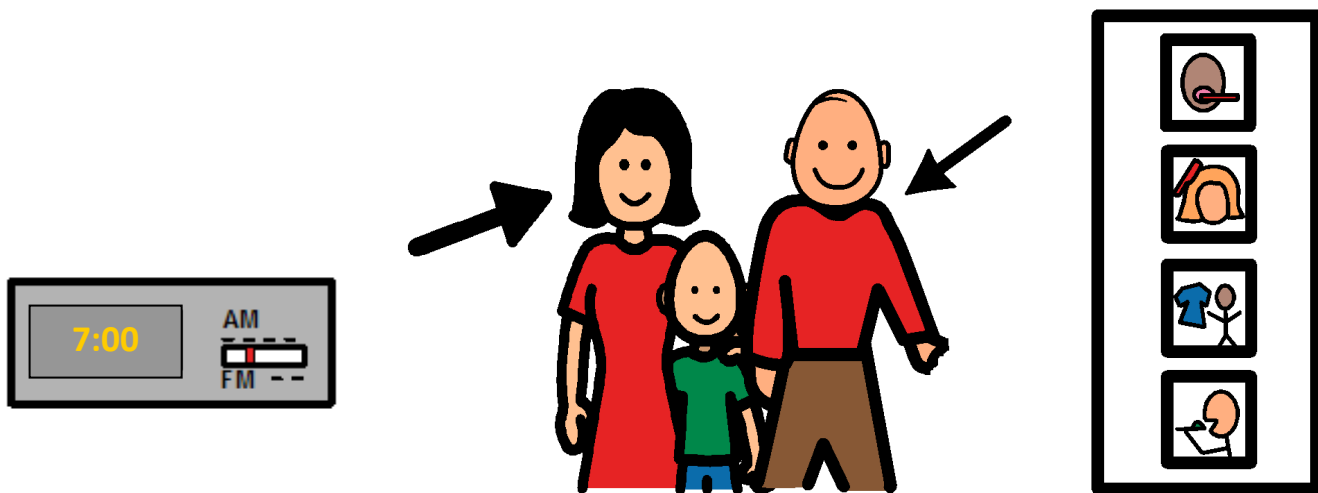


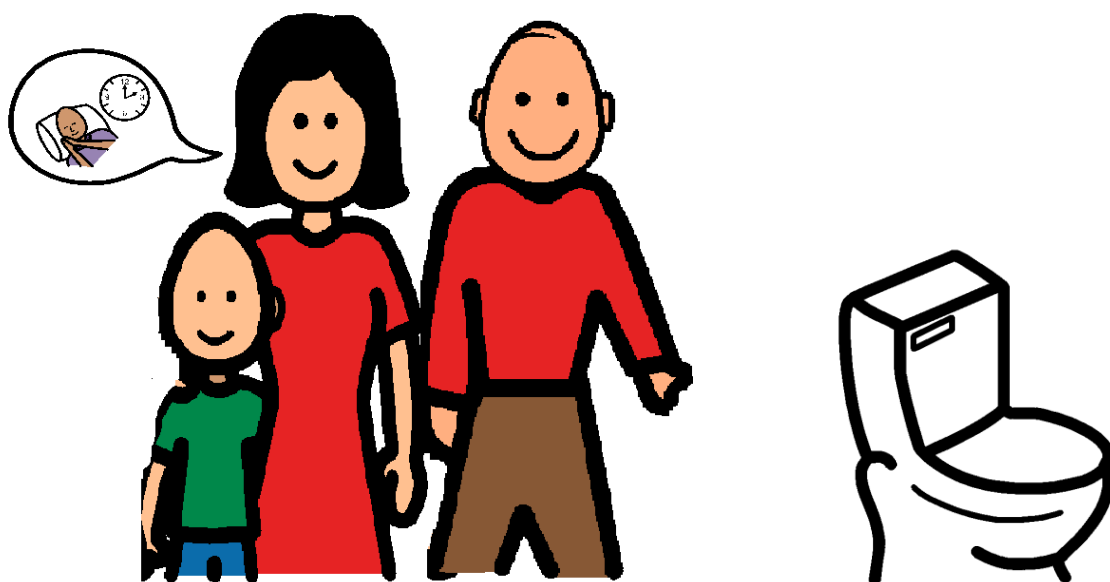
Getting Ready for Bed.



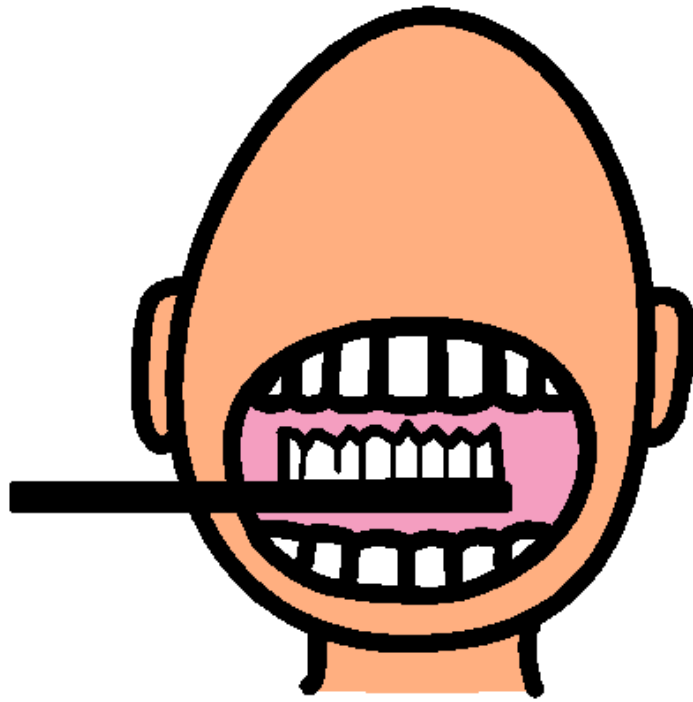
Mum and Dad know when it is time for bed. Sometimes Dad is still at work when it is time for me to go to bed.



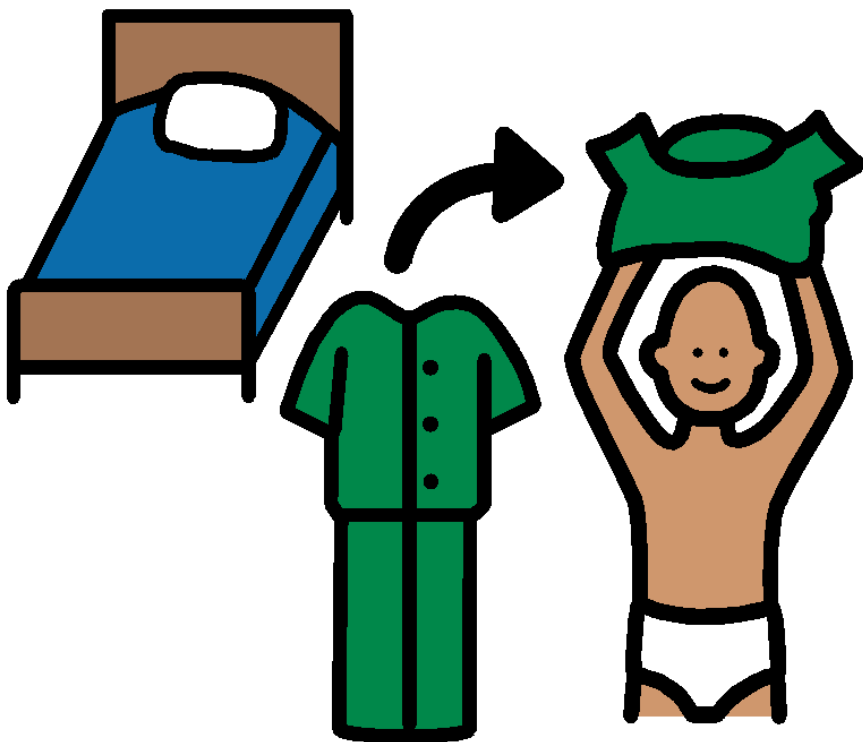
When the alarm clock goes off mum or dad will help me follow my schedule to get ready to go to bed.



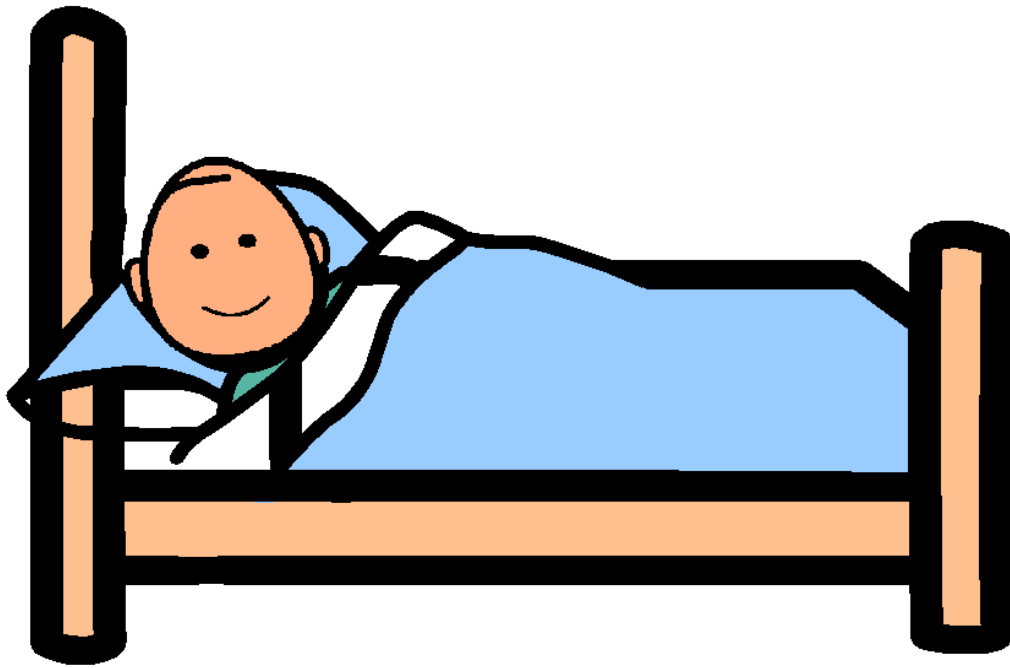
When mum or dad tells me its bedtime I will go to the toilet.



I will then brush my teeth.



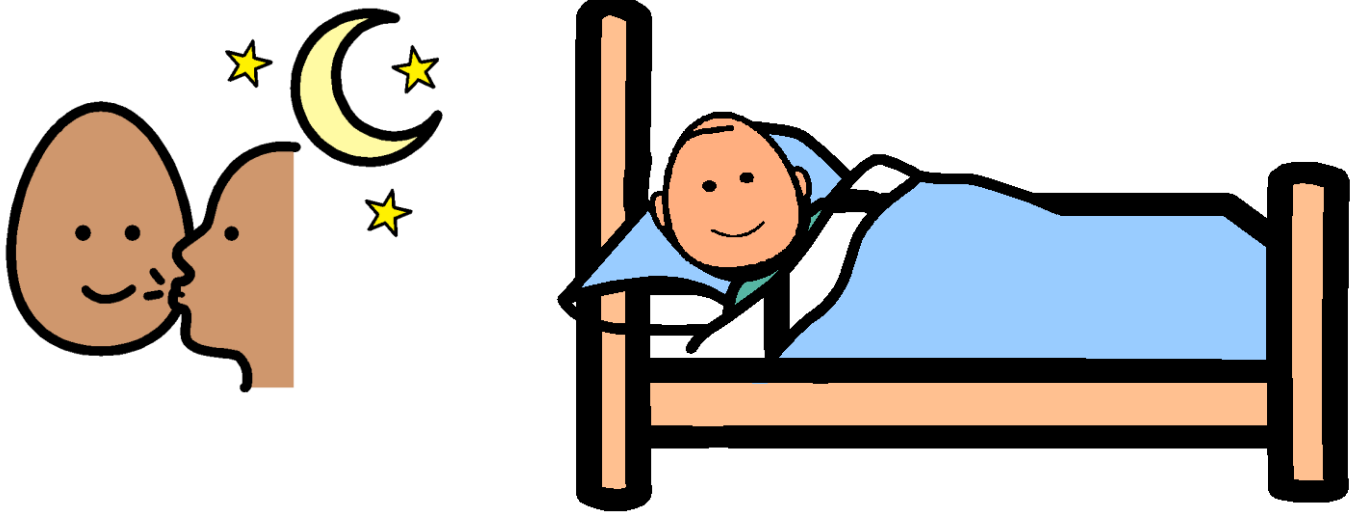
I will then put on my pyjamas.



I will then get into bed.



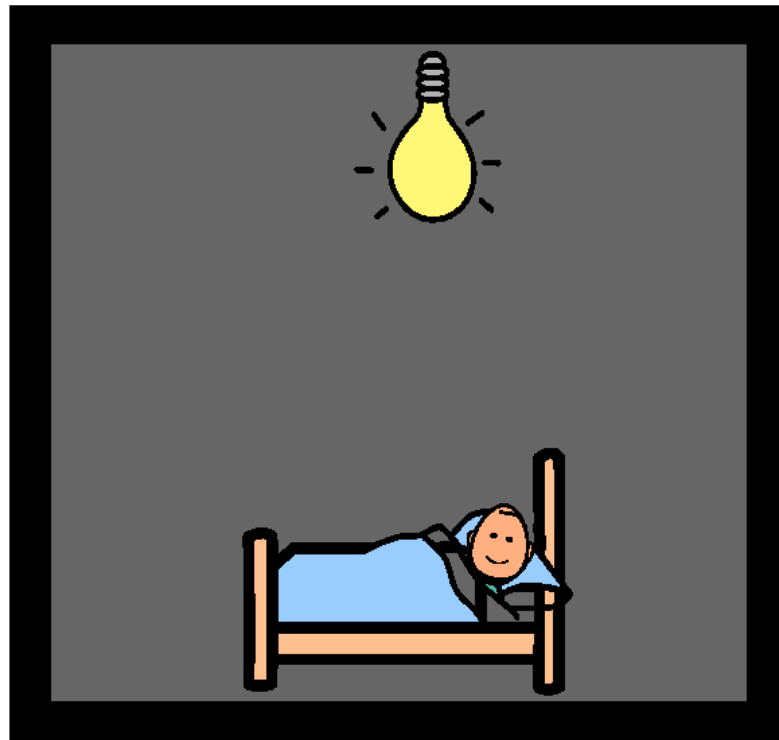
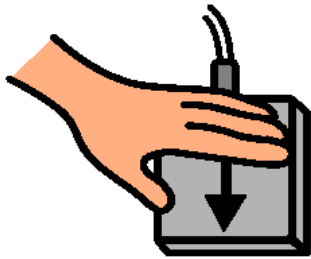
Mum or Dad will read me one story
before I go to sleep.



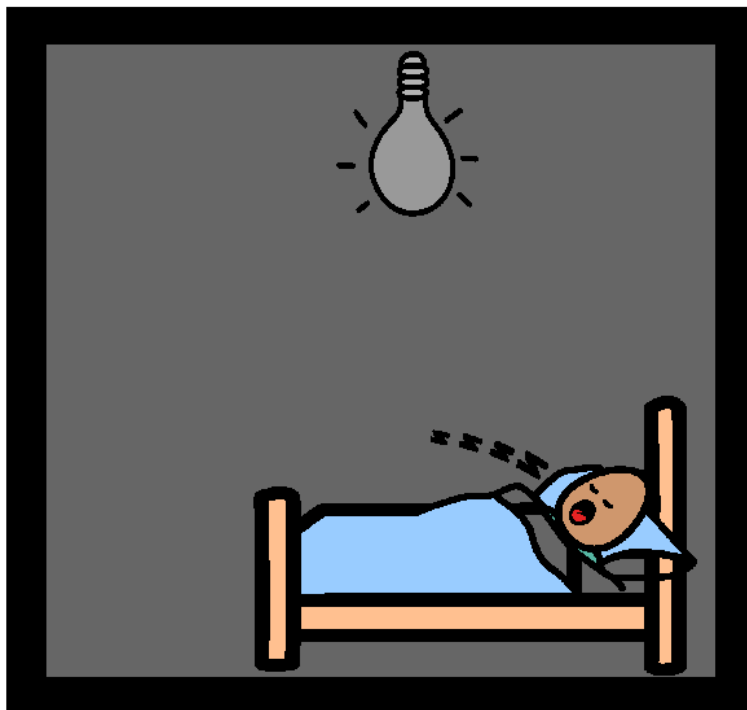
After the story I will give Mum or Dad a kiss and say goodnight. Sometimes Dad is at work when it is time for me to go to sleep. That's ok.



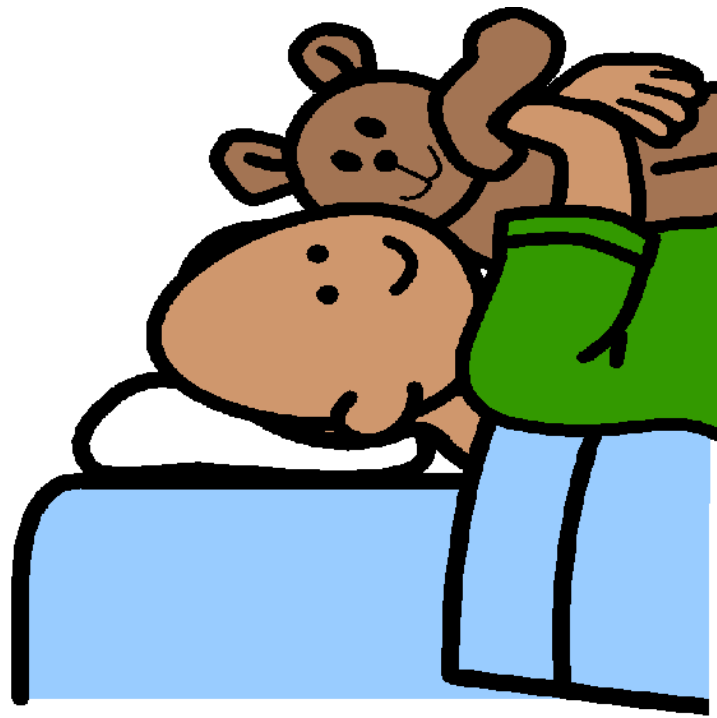
Mum or Dad will turn the music on softly.



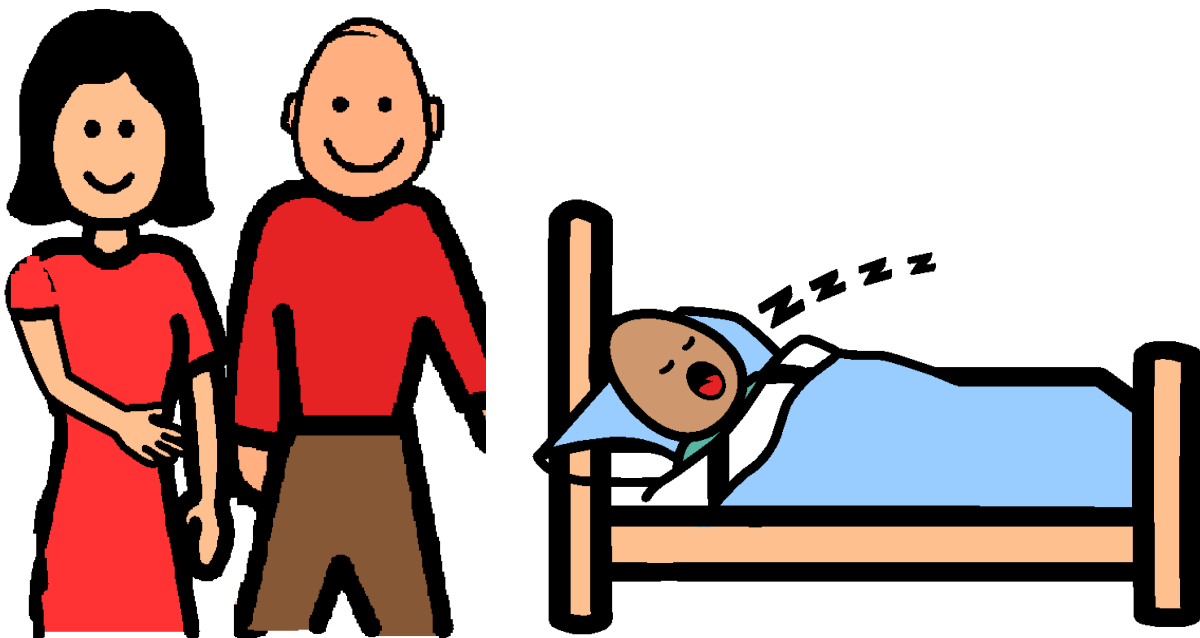
Mum or dad will turn out the light and leave the room.



I will try to close my eyes and lay quietly until I am asleep.



If I have trouble falling asleep I can cuddle my toy.



Mum and Dad are very happy when I go to bed and sleep all night.



When I follow my schedule I will get a star.