



Together Cards: Bedtime Routines

Watch, Talk, and Explore Together: Following routines can help children manage their emotions and know what to expect as they get ready for bedtime. Here are some ideas from *Daniel Tiger's Neighborhood* for ways families can talk about and model bedtime routines and transitions.



Every episode of *Daniel Tiger's Neighborhood* includes a strategy song created to support children as they navigate big feelings and/or new experiences. Listen for the song in each episode. Try singing along with the songs and encourage your child to join in, too.

“Miss Elaina Gets Ready for Bed”



WATCH & TALK TOGETHER

Miss Elaina follows her bedtime routine, which includes a special lullaby. While watching, highlight special moments of routines and transitions. You might say, *“I like how Miss Elaina has a special song that helps her feel ready for bed. What helps you feel ready for bed?”*

After watching, talk with your child about the story and listen to what they share about their favorite part or things they may have questions about. You might ask, *“Do you remember the song or story that was a part of Miss Elaina's bedtime routine?” “What did you like about it?” “What are some of the special things about your bedtime routine?”*

Have fun practicing how to sing the strategy song together so it can become part of your daily routine.

STRATEGY SONG

“Bath time, PJs, brush teeth, story and a song, and off to bed!”



EXPLORE TOGETHER

Pretend Play

Use your child's favorite figurines or stuffies to act out a bedtime routine. For added fun, make up a silly or simple lullaby together as part of practicing a nighttime wind-down routine.

Make a Bedtime Book

Check out this Bedtime Book activity to do together, capturing each step of your child's own bedtime routine.



“Goodnight, Daniel!”



WATCH & TALK TOGETHER

Tonight, Daniel is pretending to be Super Daniel! But after dinner, he has to follow his nighttime routine even though he would rather play. While watching, highlight special moments of routines and transitions. You might say, *“Even Super Daniel has to follow his bedtime routine! I wonder how he's feeling about stopping his game to get ready for bed?”*

After watching, talk with your child about the story and listen to what they share about their favorite part or things they may have questions about. You might ask, *“Have you ever wanted to keep playing instead of getting ready for bed, like Daniel? What helped you?”*

Have fun practicing how to sing the strategy song together so it can become part of your daily routine.

STRATEGY SONG

“Bath time, PJs, brush teeth, story and a song, and off to bed!”



EXPLORE TOGETHER

Make a Routine List

Using simple craft items, your family can make morning and bedtime routine checklists together.



Costume Wind-Down

If your child loves dress-up or superhero play, talk about how even superheroes need rest, then help them “power down” together as part of the bedtime routine.

Produced by:



Find more games and activities at pbskids.org/daniel

DANIEL TIGER'S NEIGHBORHOOD © 2012 The Fred Rogers Company. All rights reserved. PBS KIDS and the PBS KIDS Logo are trademarks owned by Public Broadcasting Service. Used with permission.