Evening Wind-Down

Steps 1 to 3

A calm, predictable routine to help transition from day to rest.

STEP 1

1 Finish Daytime Activities

Put toys, books and materials back in their places. Clear the table or desk so the space feels calm and ready for evening.

Tip: saying “I’m finished with daytime things” helps the brain switch modes.

STEP 2

2 Wash Hands and Face

Use warm water and mild soap. Gently wash hands and face, then pat dry with a soft towel. This signals the start of the evening routine.

Tip: keep the water temperature comfortable and the scent mild if sensitive.

STEP 3

3 Bath or Shower Time

Prepare towel and clean clothes first. Use warm water and preferred soap. Keep the experience calm and predictable every night.

Tip: a consistent bath order reduces anxiety. Avoid strong scents if preferred.

Keep going — next page has steps 4 to 6

Keep Going!

Steps 4 to 6

You’re making great progress. Stay calm and take your time.

STEP 4

Put on Soft Pajamas

Choose comfortable, soft pajamas. Feel the fabric — this tells your body it is time to rest. Get help with buttons or zippers if needed.

Tip: the same pajamas each night can become a strong calming cue.

STEP 5

Brush Teeth Gently

Brush for two minutes using the four-section map. Cover outside, inside and chewing surfaces. Spit, rinse the brush, and store upright.

Tip: use a soft brush and preferred toothpaste. Be gentle on the gums.

STEP 6

Quiet Time Begins

Dim the lights or switch on a soft lamp. Choose a calm activity: looking at books, soft toys, gentle drawing or quiet music. No screens.

Tip: low light and low noise help the nervous system slow down.

Almost there — final steps on the next page

Final Steps

Steps 7 & 8 + Tips

These last steps help the body and mind settle for sleep.

STEP 7

Bedtime Story or Calm Audio

Read a familiar gentle story in a soft voice, or play quiet music or white noise. Keep the room calm and the pace slow.

Tip: the same story or playlist every night builds a strong sleep association.

STEP 8

Lights Out & Goodnight

Say goodnight. Settle into bed with preferred blanket or soft toy. Close eyes and rest. Tomorrow is a new day.

Tip: a consistent goodnight phrase helps signal that the routine is complete.

If things feel hard tonight

- Pause and take three slow breaths together
- Offer a preferred soft item or weighted blanket
- Reduce language — use short, clear phrases
- It is okay to need extra time. Stay calm and consistent.

One more page with the full overview map

Routine Map

Full Evening Overview

Use this page as a quick visual checklist every evening.

1. Finish Activities ☐
2. Wash Up ☐
3. Bath / Shower ☐
4. Pajamas On ☐
5. Brush Teeth ☐
6. Quiet Time ☐
7. Story / Audio ☐
8. Lights Out ☐

You followed the routine. Well done.

Consistency builds safety. Rest well tonight.

Print • Laminate • Use a dry-erase marker to check off steps

Evening complete. Sleep well.