

Creating a bedtime ritual



- ★ **Based on what you learned in Lesson 2, write down your child's ideal bedtime ritual.** *(Think about the timing of the feed, the activities and their order, etc.)*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.