



Getting ready for bed

ALL
play

Reader Notes:

Research consistently identifies good sleep as essential for wellbeing. Children with autism, ADHD, anxiety or intellectual disability commonly experience sleep problems and may benefit from extra support with establishing a good sleep routine. These stories are designed to help children learn these sleep routines to create the conditions they need to achieve a healthy sleep-wake pattern. As a parent or carer you can help your child by reading through the stories.

This story can be customised with personal images or photos that are relevant to the child or children you will read it with. Visit allplaylearn.org.au to view our collection of illustrated stories for ideas. We suggest taking photos of your child performing each task and adding to your desktop. You can then click on the icon on the following pages to add your images. We also recommend printing in colour.

Time for _____ to turn the television and all devices off.



Time for _____ to put on pyjamas.



Time for _____ to brush teeth.



Time for quiet activities.



Time to read a story with _____ .



Time for _____ to use the toilet.



It is bedtime.



Time for _____ to go to sleep with eyes closed.



It is time to wake up in the morning when it is _____ .



For more stories and information on making education accessible
for everyone please visit:

allplaylearn.org.au



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