

Bedtime Box

Making your own Toddler Bedtime Box is super easy. The Bedtime Box helps to reinforce your night time routine, which is essential for a smooth bedtime. And by letting your toddler help to pack and unpack it each night, they will feel more in control and be able to wind down for sleep. When young children have a routine and know what to expect, they can more easily transition from one activity to another. And toddlers who feel involved are often far more cooperative than those that are just told what to do.



Start by making your bedtime box special. To make your own, you will need:

- Blue fabric storage bin
- Star & moon shapes for tracing (I used cookie cutters. You can also just draw freehand)
- Pencil
- Gold multi-surface acrylic paint
- Paint brush

Lay your fabric storage cube flat. Start by tracing or drawing your stars and moon onto the front of the cube. Once your design is complete, fill in with the acrylic paint. You will want to do two coats for even coverage. Allow to dry completely.

Now you are ready to fill your bedtime box! You can include:

- Diaper/Pull Ups
- Their favorite stuffed animal/blanket
- Bedtime story for the night
- PJ's
- Tooth Brush

Pack everything in your Bedtime Box. Have your toddler help you pick out each item as you go through the routine of changing their diaper, putting on pajamas, reading stories, brushing teeth and getting their hugs. When the box is empty, it's time to sleep!