

## Nighttime & Evening Schedule

Our calm, consistent evening routine for children in extended evening / late-night care.

Dinner is served at 6:30 PM and children are in bed by 8:00 PM. The routine below helps children wind down, feel secure, and rest well. Times may flex slightly to meet each child's needs.

### Evening Routine

6:00 PM

#### Arrival & Calm Play

Quiet welcome, free play, and settling in

6:30 PM

#### Dinner

Healthy, home-style dinner together

7:00 PM

#### Clean-Up & Hygiene

Wash hands/face, brush teeth, potty/diaper, pajamas

7:20 PM

#### Quiet Time & Story

Reading, soft music, gentle stretching, dim lights

7:45 PM

#### Wind-Down

Comfort items, cuddles, last drink of water, lights low

8:00 PM

#### Lights Out — In Bed

Children are in bed; continuous quiet supervision

After 8:00 PM

#### Rest / Late-Night Care

Children rest or sleep; provider remains awake & monitoring until pickup (care to 1:00 AM)

### Your Child's Bedtime Details

CHILD'S FULL NAME

USUAL BEDTIME AT HOME

BEDTIME ROUTINE THAT HELPS YOUR CHILD (BOOKS, SONGS, ROCKING, ETC.)

COMFORT ITEMS (BLANKET, STUFFED ANIMAL, PACIFIER, NIGHTLIGHT)

SLEEP NEEDS OR CONSIDERATIONS (NAPS, SLEEP POSITION, WAKING, FEARS OF THE DARK)

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PREFERRED PICKUP TIME (IF BEFORE 1:00 AM)

### Parent Acknowledgment

I have reviewed the evening routine and understand dinner is at 6:30 PM and children are in bed by 8:00 PM.

PARENT / GUARDIAN SIGNATURE

DATE