








My Bedtime: A Social Story



 In  the evening  I  get tired  and  need  to go to bed.

 I  need  sleep  because it helps  my  brain  with  learning

 new  skills  and  gives  my  body  time to  grow.



Time

for



playing,



running,



exploring

+



and gaming

is the



morning.



Night



time

is



when



I



relax,



sleep










+

and





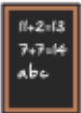




dream.




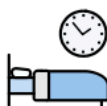

         The lights and sounds from my TV and tablet make it

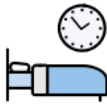
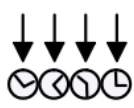
     harder to sleep at night.

       I turn off the TV and tablet before bedtime.



 My  parents  know  when  it's time for bed.

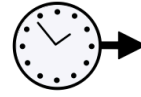
 When  my  parents tell  me  it's time for bed  I  start  my

 bedtime  routine.

My Bedtime: A Social Story



I



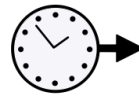
will



go to the toilet.



I



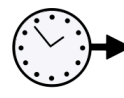
will



brush my teeth.



I



will







put on









my





pyjamas.



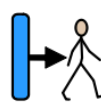


   
I will get in bed.









       
When I'm in bed it's time to relax, close my eyes and








 
go to sleep.



 My  parent  will  say  "good night",  switch off  the big  light and











 leave  my  room.












 The big  light  gets  switched off  because  darkness  shows me  it's

 time to  sleep  and  makes  me  feel  tired.







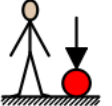
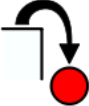


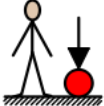


 My  family  needs  sleep  too!



Once  I've  gone to bed  my  family  will  get  in  their  beds.  Sleeping

 means  they  can  relax  and  will  feel  happy  in  the  morning.



  
I might wake up in the night.

       
My big light stays off and I stay in bed.

    
I can hug my teddy if I wake up in the night.



I



have a bath.



Bath time



makes



me



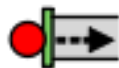
clean,



relaxed



and



ready

to



get



into



bed.



My



parent



will



read

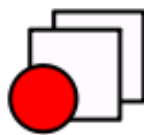


me

1
1



story



before



bed.



My



parent



will



sing



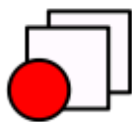
me

1

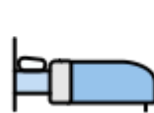
one



song







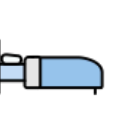
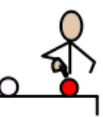








before







bed.



 I  will  eat  my  snack  before  bed.  This


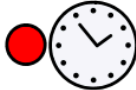

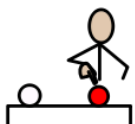



 means  I go to bed  with  a full  stomach,  and


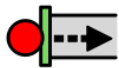

 won't feel  hungry  in  the night.  Certain  foods  can

 help  us  sleep  better!



 I  will  do **1**  relaxing  activity, =  a puzzle

 or reading  before  bed.  This  helps to  make  my

 brain  ready for  sleep.