

## HELP TEDDY THE BEAR FIND HIS MAGIC PYJAMAS



## HELP COLOURFUL CRAYONS TURN OFF TALKATIVE TV AT NIGHT!



## HOW TO USE

Give your child a mission to sleep for! Let them place a sticker over each day, after they have gotten enough sleep or have done a good job preparing for bed. Once all 14 days are filled, the mission is complete! You can then choose to reward your child with a healthy treat, a day at the playground, or even hugs and kisses. Tip: Reprint this chart and start again!

## HELP SINGING BIRD SWITCH OFF THE PLAYFUL PHONE BEFORE BED!



