

# HELP TEDDY THE BEAR FIND HIS MAGIC PYJAMAS



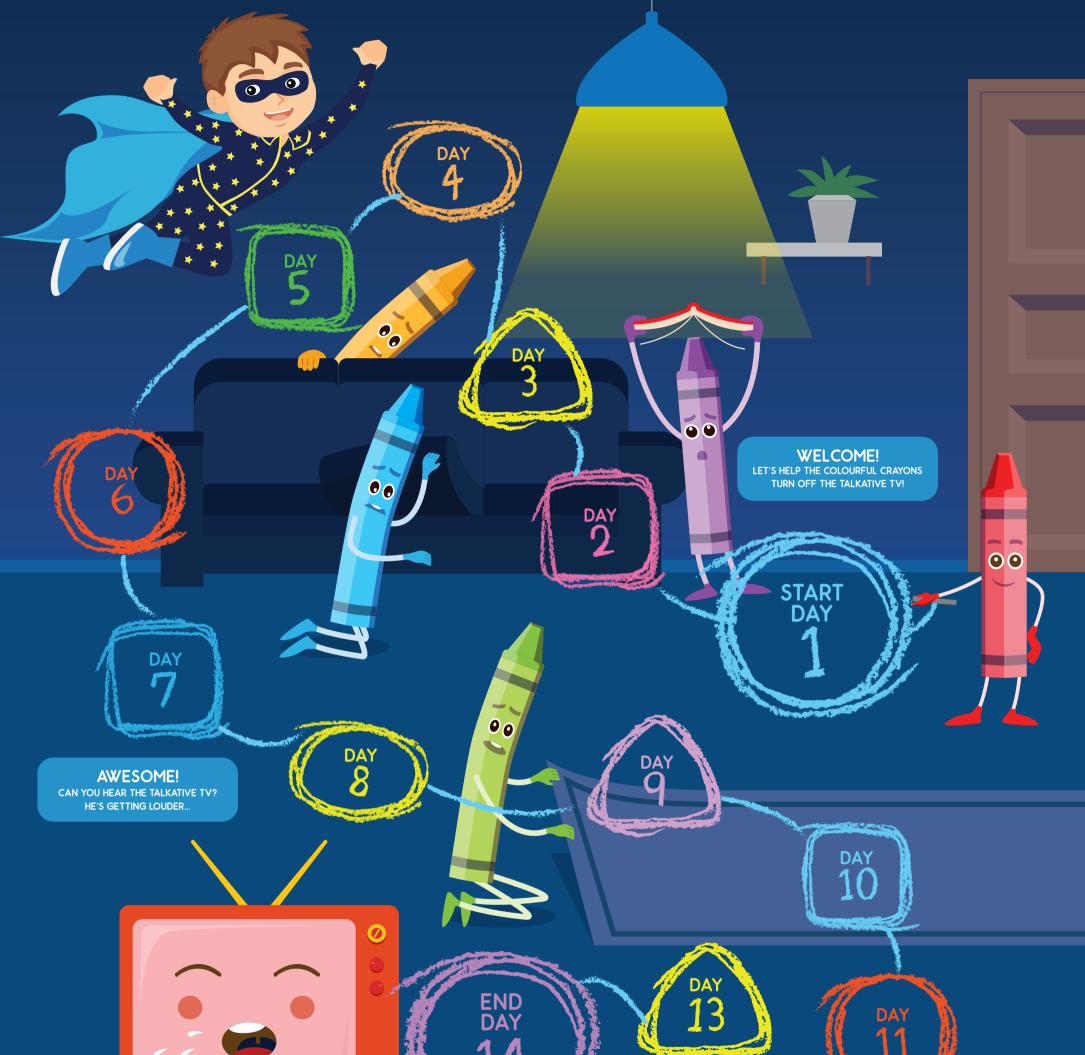
Give your child a mission to sleep for! Let them place a sticker over each day, after they have gotten enough sleep or have done a good job preparing for bed. Once all 14 days are filled, the mission is complete! You can then choose to reward your child with a healthy treat, a day at the playground,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





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



MISSION COMPLETED! TALKATIVE TV IS TURNED OFF!

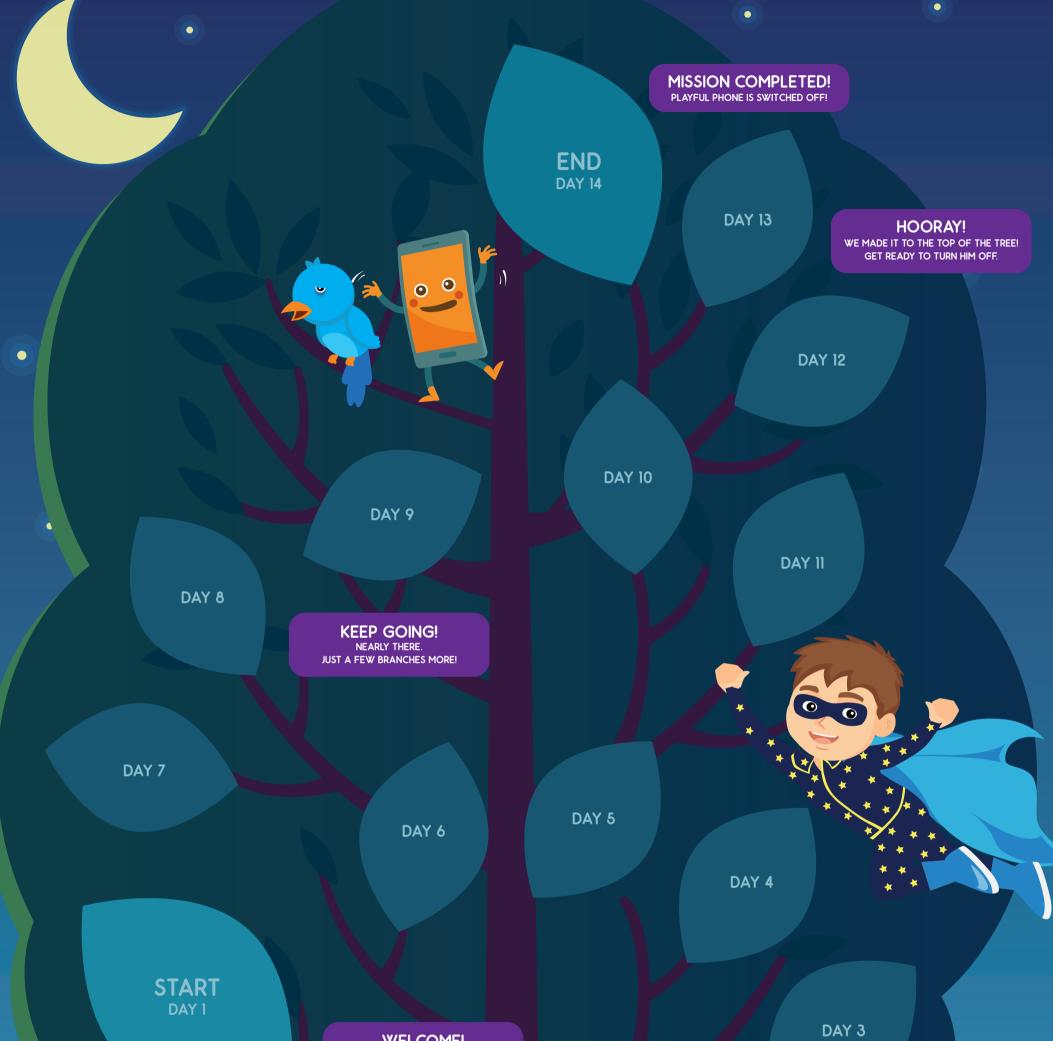


HOORAY! THE COLOURFUL CRAYONS CAN TURN OFF THE TALKATIVE TV SOON!

#### 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! CAPTAIN SLEEP'S REWARDS CHART

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



WELCOME! PLAYFUL PHONE HAS BEEN KEEPING THE SINGING BIRD AWAKE. LET'S STOP HIM!

#### HOW TO USE

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