

## How does it work?



**APPRENDRE  
À DORMIR**

1. Choose the pictograms that suit your family with your child. Then, it is better to keep the chosen order for a while so that the child can commit to it. Don't hesitate to create pictograms together if some are missing for your routine.
2. When it's time to do the pre-bedtime routine (ideally before signs of lack of sleep and/or 21h), let your child place the pictograms of his routine in the order he likes. There may be small variations before you find HIS routine.
3. Let the child carry out HIS routine by referring to his pictograms.
4. Observe the pride and autonomy demonstrated by your child. Good night!
5. And start again! To observe the beneficial effects of the pre-bedtime routine, you must do it regularly. This means every night, as much as possible, or at least 5 times a week.

