

MY COZY BEDTIME

A Gentle Bedtime Routine for Toddlers



By Oliver Bennett

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*The sun went down, and the sky
turned soft and pink.*



*Time for your cozy bedtime, Nia,
Mama said gently.*



*First, a warm bath with bubbles up
to Nia's chin.*



Nia splashed and giggled with Clover watching from the mat.



Next, soft pajamas with little stars all over them.



***Nia wiggled into her favorite
lavender pajamas.***



Then, it was time to brush her teeth — up, down, all around.



Nia brushed while Clover waited patiently on the counter.



*Mama brushed Nia's hair, gentle
and slow.*



*Story time, Mama whispered, and
Nia climbed into bed.*



Nia and Clover snuggled under the soft blankets together.



***Mama read a story about the moon
and the stars.***



***Nia's eyes grew heavy, but she
wanted just one more page.***



*One more page, Mama smiled, and
read a little more.*



The nightlight glowed soft and warm in the corner.



***Mama tucked the blanket up around
Nia's shoulders.***



*Goodnight, Nia. Goodnight, Clover,
Mama whispered.*



Nia hugged Clover close and felt warm and safe.



*Outside, the stars twinkled over
the sleepy little house.*



*And Nia drifted off to sleep, cozy
and calm.*



Thank You for Reading!