

A bed time routine is
just what you need,
Follow the numbers,
they will tell you how
to proceed.

To get baby to bed,
start with the lotion,
In a quiet room, try
to reduce the commotion.

Get baby in jammies,
as day turns to night,
Keep the room nice and
dark, using only low light.

And now for a book,
which baby will adore,
Fingers crossed, baby
will be soon to snore.

Now it's time to say
goodnight,
So swaddle up baby
and turn off the lights!