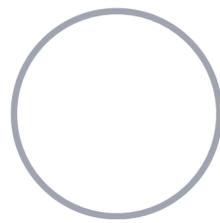
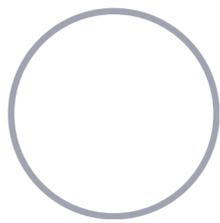
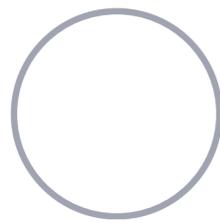
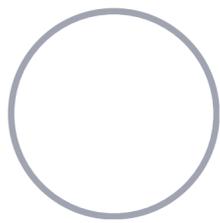
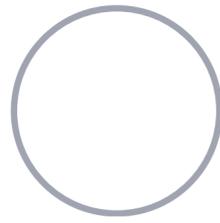
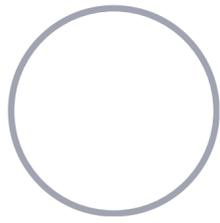
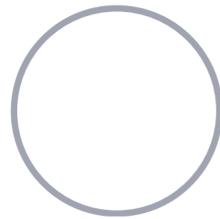
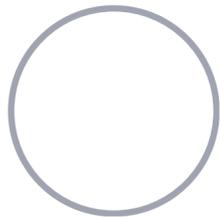


MA CHECK-LIST DU DODO

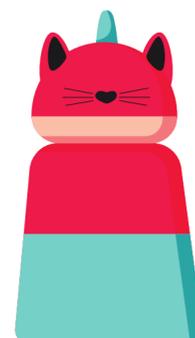
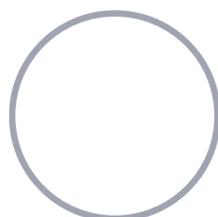
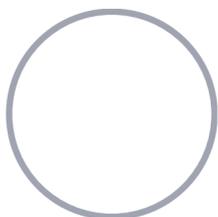


MA CHECK-LIST DU DODO

Exemple



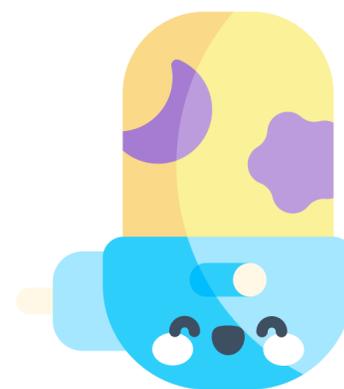
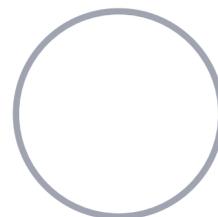
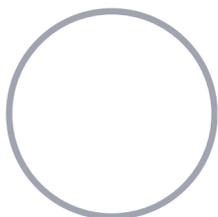
Dents lavées



Gourde pour la nuit remplie



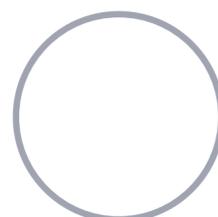
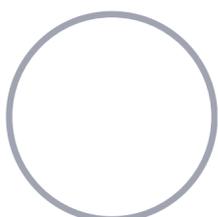
Pyjama enfilé



Veilleuse prête



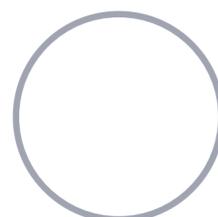
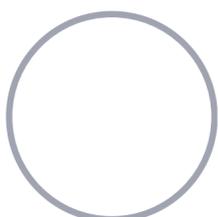
Dernier pipi fait



Rideaux fermés



Dernier verre d'eau



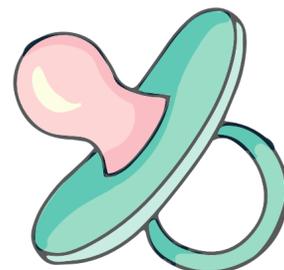
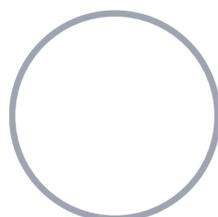
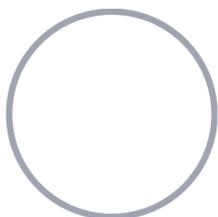
Lecture finie

MA CHECK-LIST DU DODO

Exemple



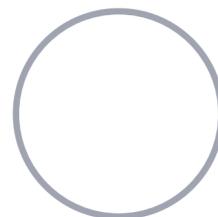
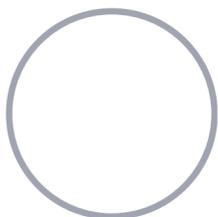
Réservoir d'amour plein



Tétine ok



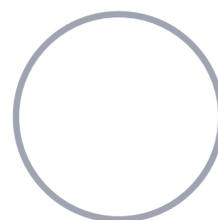
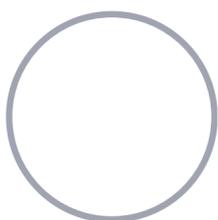
Spray anti-monstres ok



Réveil réglé



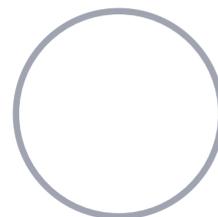
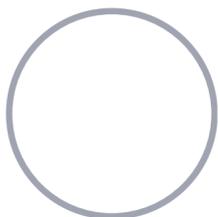
Boite à peurs fermée pour la nuit



Dernier bisou fait



Doudou prêt à se coucher



Bisou au chien/chat

MODE D'EMPLOI

Cette check-list est à utiliser juste avant d'éteindre les lumières pour la nuit.

En listant tout ce que l'enfant aurait pu oublier et les habitudes du coucher, elle permet de limiter les rappels et d'établir un cadre clair.

A vous de coller sur la première page tous les pictos qui correspondent aux habitudes de coucher de votre enfant.

Les deux pages suivantes vous sont données à titre d'exemple