

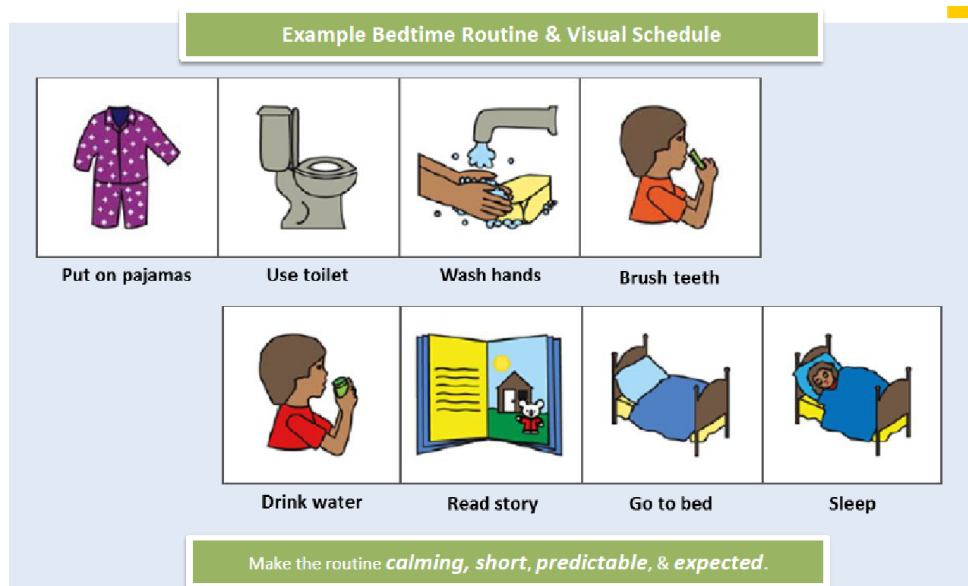


# Sleep Solutions for Toddlers and Preschoolers

## Bedtime Chart

**Especially useful for children with autism, ADHD, or who struggle with transitions**

- Download, purchase or create chart
- Chart includes each step of the routine
- Can use tangible objects instead



Autism Treatment Network Toolkit

## Timers Help With Transitions



## Forced Choices Help Children Be Successful

