FAMILY AI APPS · HOLIDAY EXAMPLE

Our Christmas Eve bedtime

The celebration ends; our familiar steps begin · Ages 3–6

1

Finish the game

One last turn, then put it away

☐

2



Use toilet

☐

3



Put on pajamas

☐

4



Brush teeth

☐

5



One quiet story

☐

6



Say goodnight

☐

Short version / morning boundary

Late night: keep toilet, pajamas and normal teeth care; swap a long story for a short song.

Morning boundary: tomorrow's surprises wait until morning. No promise of sleep.

Example to build in Routina, not built-in. Official art where it fits; other steps use text.

familyaiapps.com/guides/christmas-eve-bedtime-routine