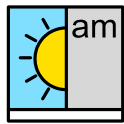




In



the

morning



I



have

an



alarm



Eat



breakfast



brush my teeth



Have a bath

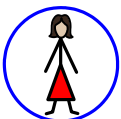
or



shower



Get dressed



Mummy

or



Daddy



help



me





At bedtime I



brush my teeth



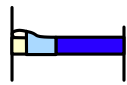
Get undressed



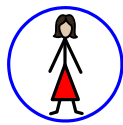
Have a bath or shower



Read a story



sleep in my own bed



sleep with Mummy or Daddy



