

When should your kids go to bed?

Wake Up Time

	6:00AM	6:15PM	6:30AM	6:45AM	7:00AM	7:15AM
AGE	Bed Time					
5	6:45pm	7:00pm	7:15pm	7:30pm	7:30pm	8:15pm
6	7:00pm	7:15pm	7:30pm	7:30pm	8:00pm	8:15pm
7	7:15pm	7:15pm	7:30pm	8:00pm	8:15pm	8:30pm
8	7:30pm	7:30pm	8:00pm	8:15pm	8:30pm	8:45pm
9	7:30pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm
10	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm
11	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm
12	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm