

Champ's Baby Bedtime Routine

by ChampTehOtter (<https://champtehotter.com/>)

Description

Bedtime is easy and fun for littles who listen to Champ's baby bedtime routine. Relax and go into little space as Champ talks you through brushing your teeth, padding up, story time, and finally drifting off into a nice deep sleep.

Intro

This file is intended for adults 18 or older, so if you are a minor, please stop the recording and go elsewhere.

You are listening to another regression audio from Champ. If you are here with me, then you must want to be regressed. That means you are ready to, listen to my words, and follow me into a nice relaxing routine that gets you ready for bedtime.

Before we begin, please make sure you have finished everything you need to finish before starting your bedtime routine. If taking a shower or a bath is part of your bedtime routine you should do it before listening to this file... It is advisable to have a diaper or pull-up or training pants handy to put on so you can have a nice restful sleep without interruptions. The right protection is important if you want to have the most comfortable rest possible. It's also a good idea to have your plushie with you or waiting in your bed or crib along with any other comfort items that can help you be all cozy for bedtime such as teething toys, pacifiers, blankies, pajamas, and bottles.

Being comfortable will increase the effectiveness of this file, and gathering these items can help you relax and meditate on the restful regression to come so please don't skip this step. Finally, make sure to set your alarm if you need to, and make a plan to keep any cell phones, electronics, or any other distractions out of reach so you don't interrupt your restful regression and sleep. If you need time to prepare before continuing, please pause the recording and do so now. I'll be here when you return. Are you ready to begin your bedtime routine with Champ? Good.

Body

And here we are... And you know what time it is don't you, Little One? That's right, it's time to get you ready for bed...

What's that? You think it's too early for bed? No, little one, I know it's just the right time to get ready because your plushies told me so. That's right, your plushies said it was bedtime for the little one, and you *know* you should always listen to your plushies.

I know...Some littles don't like the word bedtime. I don't make the rules, kiddo, I'm just the messenger. But don't worry. I'll let you in on a little secret... Bedtimes can be fun. That's right, bedtimes can be fun. There's no rule that says they can't. Imagine a nice, deep, deep sleep that leaves you feeling so refreshed and relaxed. No more being tired and sleepy throughout the day. And that can only happen with an early bedtime.

Maybe you don't believe me when I say bedtime can be fun, but I promise you it can be. Just think about it for a second. Bed time is the perfect time to get all little and cozy. And there's nothing you have to do at bedtime, so you can put away all those adult thoughts, put them away in a drawer for later and just enjoy being your little self whenever you go to bed or take a nap. Doesn't that sound fun and relaxing? Yes, it does! So why not listen and follow along so you can have fun every time you get ready for bed?

Are you ready to give it a try? Okay then. Let's get started.

[It's time to start winding down... time to relax... and go into little space. That's right... allowing all that tension of the day to leave your body... Allowing all those adult thoughts and concerns to drift away... Replaced by the nice relaxing feeling of being little and tiny and cozy and happy... as you let those familiar little feelings take over... those feelings of being so little... and cozy... and comfy at bedtime... yes... those ones... you know how that feels... just relaxed... relaxed and little... so relaxed... so little... that you can listen to my words and follow along][Go ahead and put away those adult thoughts now... time to put them away... imagine putting them in a drawer for now... and you can access them later... but for now just putting them in... along with your phone and any other adult things you don't need right now... and you can imagine shutting that drawer... and locking it tight... and setting the key somewhere safe.... Where you can retrieve it once you're all rested... very good... no more adult thoughts for the rest of the night.. No more distractions as you get ready for be.]

Drink

All right time to get ready for bed. First things first we're gonna go get your favorite nini drink, so get your bottle or cup... Go on... We're gonna fill it up and have a nice relaxing drink. Whatever you like to drink at bedtime... milk, or water, or tea... take a nice long drink... there you go... Drink it down, down, down, down... very good.

It's nice to have a nice long drink after a nice long day. Maybe you had to be big all day but now is the time to have a nice drink and relax as you think about getting ready for bed. And now... now's the time where you don't have to be big anymore. Nope, for the rest of the day you can be as little as you like... [For the rest of the night, you will be little... for the rest of the night all those adult thoughts can just slip away...]

And as you drink, You can allow that liquid to flow into you down, down, down, down. So good... just take your time, and keep drinking. And you can feel that warmth and relaxation spreading through your body... Allowing you to feel so relaxed and cozy and little... feeling so relaxed and cozy helps you to feel even more little...

That's it, get nice and hydrated. It's important to stay hydrated because you don't wanna have to wake up in the middle of the night all thirsty, and in case you do get thirsty at night you can just make sure that you have an extra bottle or cup where you sleep so that you can reach over and grab it cause there's no getting out of bed after bedtime, no, no, no, little one. And you don't have to worry about having any accidents in bed cause you're gonna wear protection, yes you are, and it'll be so comfy and cozy you'll just love it. You can just use your protection - that's what it's there for sweetie, that's right.

And you might yawn as you finish up your nighttime drink, might begin to feel a bit more sleepy as you look forward to some cozy time in bed... but you still remember to put away your glass or baba when your done, or refill it with something sugar-free and bring it with you as you go to brush your teeth.

Brush teeth and Bathroom

Now it's time to head to the bathroom grabbing whatever you need to take with you as you waddle over the bathroom. Yes it's time to brush your teeth. And you gotta brush those teeth for two whole minutes... that's right... getting all those little teethies nice and clean starting now... I'm setting the timer...

That's right, good little ones have nice happy smiles, and they make sure to brush their teeth every night before bed and after every meal... brusha brusha brusha... there we go, thoroughly brushing all those teeth... Are you brushing your teeth little one? All right. Very good.

And you know you can make brushing your teeth more fun too... you can pick a fun toothbrush at the store with fun colors or characters... You could get your favorite flavor of toothpaste like cinnamon or bubblegum... just about any flavor can be found that you like... or no flavor at all, if that's what you prefer... some toothpaste even has different colors or sparkle glitter inside...

Yes, there's lots of ways to make brushing your teeth more fun.

And When you brush your teeth you could make sure to do a super good job getting all the teeth - the front, the back, the bottom, the top, and all the way back in those molars... Yes, brushing all those teeth and your tongue, too. There we go, almost done. Good job, doing a great job brushing all those teeth. Doing a great job brushing like a good little one. And you know you can do this after every meal for the best, brightest smile you can have.

[Timer End]

Time is up! And you can rinse your toothbrush now and spit out all that toothpaste. And after you're done with that, don't forget to floss! That's right, you don't want stuff to get stuck between those little teethies, do you? Go ahead, start flossing, and your plushies will all compliment you on your bright smile and fresh breath if you do an extra good job, yes they will... Going between each and every tooth... left and then right... There you go...

And as you floss you can think about other ways to make your other bathroom routines more fun. You can get different flavor floss. Yes, they make all sorts of flavors - I like cinnamon, but they have other flavors, too. And you know you can get fun mouthwash with your favorite flavor also... I like bubble gum. If you wanna use that you can too.

Alright, now we're almost ready to get you in your nini outfit if you haven't put it on already. And if you're allowed to go potty, you can go now. But if you aren't, that's okay too. Maybe you're not allowed to use the potty, or maybe you don't know how to use the potty, and you just have to go in your diaper and get changed after... That's perfectly fine. Lots of little ones aren't ready for the potty. But if you *are* allowed to use it, though, you can pause and go now... it will be your last chance before morning, because there's no getting out of bed once you go nini.

Diaper

All right, now that you're done with the bathroom, it's time to pick out your nighttime protection. And that can be a diaper, a pull-up, or even training pants, if you're ready for them. So what will you choose today? Go ahead and take a look. Should be something nice and comfy for bed time. Have what you got what you want? Oh, good, that one is perfect. Just right for you to be nice and cozy and comfy tonight.

I'll go ahead and give you the instructions on how to put on a diaper, but if you have a caretaker, they may want to diaper you themselves, and of course if you're in pull ups or training pants, or some other kind of protection that's fine too. You can just relax and follow along as you get cozy and comfy for bedtime.

Alright, go ahead and grab your new diaper, little one, and fluff it up... . That's it, give it a nice thorough fluffing. And you could do this yourself or you could take the diaper to a big. Either way, the first thing to do is take off that old diaper... taking it off... One... Two.. Three... And four... and it's time to get that wet wipe out... Take it out and clean you up... And we're gonna wipe up any pee pee or anything else you did in your diaper ... There we go... Very good. That's the way. And once you're all wiped up, it's time to toss the diaper, rolling it up, and tossing it in the diaper pail... there we go!

And now it's time to put on that new diaper. We start with a little something to protect the skin. You can use lotion or ointment or powder or oil... whatever you use with your diaper, if you use anything at all. Make sure you cover your whole diaper area whatever you use... there we go... nice and protected... and wipe off those little hands if you have a little towel to do that... that's right... there we go...

Now, it's time to lay back and get ready to get diapered up... Here we go laid out and on your back.. Alright and lining it up... Oh goodness, you put it on backwards, didn't you? Silly, silly, little one this is why we need grownups to help us. Okay, we got it this time, little one. Lining up that diaper nice snug... Alright... tape one... tape two... tape three... tape four... Perfect. Now we push in the leg gathers in all nice and snug and there you go. You can just lay back and enjoy the feeling now. Oh, that feels so much better doesn't it?

And now that you're all padded up... you can put on your nice comfy jammies... that's right... your most comfiest jammies... or if you prefer to be in just your diaper, that's fine too, and so cute. Whatever helps you to feel comfy and little... that's what you will wear to bed today... go ahead and put it on if you aren't already wearing it... And while you're doing that, we'll do a final check really quick as you do whatever you need to to get ready... Now, do we have comfy left leggy? Good... comfy right leggy? Good. And now what about a comfy left arm? Looking comfy. And what about a comfy right arm? Alright, that looks nice and comfy. And if it's not comfy, let's get it nice and comfy. And what about a nice comfy tummy? Very important to have a comfy tummy. And a comfy bummy? Oh yes, nice and protected comfy bummy. And comfy feeties? Check! And And comfy handies. Alright! Very good. And if you need more time getting dressed for bed, you can pause if you need to... and continue when you're ready. All ready for bed? All right!

Snuggling up

And now, you're all padded up and in your jammies, and it's time to get nice and cozy and comfy. Let's make sure we have everything we need first. Do you have your plushie? Do you have your blankie? Do you have your paci? Do you have any other comfort items

you use at bedtime? A buzzy wand... soft toys... a bedtime bottle or sippy cup... Hurry hurry, grab what you need, snuggle up, and get all comfy and you'll get a bedtime story when you're ready.

And you can imagine you have a big comfy crib or whatever bed is most comfy to you... and you can get in now... laying back with everything you need... get all snuggly and nice... there we go... Yes, so comfy.

And you can take a moment to give your favorite comfort item a good squeeze or hug or a nibble or a suck or a buzz as you listen to my words... whatever you need to do to get all cozy, comfy, and little, whatever feels right to you. There are no rules here, it's your time to be comfy and happy and snuggly and whatever you need to do is okay....

And as you're getting all snuggly, you can get your favorite item and give it a big hug.... A big squeeze and scrunch up your face... scrunch up your eyes... and your feeties and toes... and you're gonna count to three when you do that... and on the count of three we're gonna get even smaller. One, scrunching up, two, tighter, three, nice and tight... and relax, getting super duper tiny, yay! Okay one more time... big scrunch on three, One, scrunching, two, even more scrunchy, and three, scrunching your nose, your fingers, your toes, your body, and big hug relax... there we go... Feeling good and cozy now? Good...

And it's often the case that when one goes into little space... Well, one can get very sleepy... Maybe you can feel that feeling of sleepiness that you've been ignoring or pushing off when you become a little. Maybe it's because you feel safe, or maybe it's just the effect of all that tension leaving your body. Maybe it's the fact that there's nothing you have to do right now but listen to my words and relax... No reason to mask those feelings of tiredness that tell your body it's time to sleep. And that's perfectly fine, because all you have to do now is listen to my words and follow along because you know what's next, don't you? That's right, it's story time!

Story Time

Alright... what story am I gonna tell you tonight? What's that? You want the one about the little who couldn't admit they were little? You always pick that one, don't you, little one? All right then, if that's what you want, I'll tell you the story about the little one who couldn't admit they were little.

Once upon a time there was a little one who thought they were allll grown up... just like you... And when their caretaker tried to put them to bed, they tried to ask to stay up, just like you.

"It's time for bed, Little One," said the caretaker... and do you know what the little one said? They said...

"I'm not a little one! I'm too big for bedtime," just like you.

"You're not a little one?" asked the caretaker. "Oh really? Well, then, let's check the list... I see a little one who can't keep their pants dry... does a little one have trouble keeping their pants dry? That's right... they do have trouble keeping their pants dry... just like you!" The caretaker poked the little one in the nose and made them giggle.

"Nope! I'm not a little one!" said the little one.

"Oh *really*?" asked the caretaker. "Well, I see a little little one who needs their plushie *all the time*. Does a little one need their plushie all the time? That's right, they do need their plushie all the time... Just like you!" The caretaker booped the little one's plushie, and the little one giggled again.

"I'm still not a little one," said the little one, with a defiant scrunch of their little nose.

"Oh *reallllly*?" asked the caretaker. "Well... I see a little one who drinks from a bottle... does a little one drink from a bottle? That's right, they do drink from a bottle... Just like you!" The caretaker booped the little one again and the little one giggled even more.

"Not a little one! Not a little one!" said the little one, but even as they said it, they sounded more babyish than they did before.

"Oh really?" said the caretaker. "Well. I see a little one who sucks a *pacifier*. Does a little one suck a pacifier? That's right, they do suck a pacifier... just like you!" The caretaker put the pacifier in the little one's mouth and booped the little one's pacifier making them smile and relax as they began to suckle and feel little. "And now do you admit you are a little one, too?" asked the caretaker.

"Nope! Not a widdow one," said the little one, sounding more babyish than ever with a pacifier in their mouth.

"Oh really?" said the caretaker. "Well . I see a little one who wears special night time protection to bed... does a little one wear special night time protection to bed? That's right, they do wear special night time protection to bed... just like you!" The caretaker patted the little one's special protection [SFX] making them giggle and smile.

"Do you admit you're the littlest little one now?"

"Nope!" said the little one, but they were already looking very tiny and sleepy and cute in bed, and it was getting hard to imagine them as anything *but* a little one.

"Oh really?" asked the caretaker. "Well. I see a little one who gets all snuggly wuggly in their cute jammies. Does a little one get all snuggly wuggly in their cute jammies? That's right, they do get all snuggly wuggly in their cute jammies just like you."

And the little one smiled and scrunched up their little face, and hands, and toes as they hugged their favorite plushie tight and sucked on their pacifier, closing their little eyes as they relaxed in their cozy comfy crib...

"Hmm," said the caretaker. "If you still aren't convinced, I have one more item on the list to check off... I see a little one who has a bedtime... does a little one have a bedtime? Yes, a little one does have a bedtime. Just. Like. You. So what are you little one?" asked the caretaker?

But the little one had fallen fast asleep...

"That's right," said the caretaker, softly. "You're the littlest little one that ever was..." And the caretaker kissed the little one on the head and tucked them in, and the little one had a nice deep sleep all night long. The end.

Sleep

And as the story finishes, you know... that it's your turn to drift off into a nice deep sleep... you can feel yourself drifting off into a nice deep sleep... deeper and deeper... cozy and comfy... feeling so happy and little... so sleepy and snuggly... so rested and relaxed... feeling good knowing that you're being a good little one by going to bed on time... And you know that when you wake up... you'll be so happy and rested and find it so easy to enjoy being little when it's time to be little. And you can look forward to doing this again tomorrow night, and every night so you have a cozy comfy and fun little bedtime all over again... Good night, Little One. [nice deep sleep... deeper and deeper... cozy and comfy... happy and little... sleepy and snuggly... rested and relaxed...]

End

And now it's time for me to go, and allow you to rest. And you can go to sleep, or you can listen to more audios. Either way, I know you're sure to get a nice long relaxin grest so you can wake up tomorrow rested and refreshed, and ready to be little whenever you need to be. I hope you enjoyed your time with me, and I hope you return to listen again soon. Goodbye now.