Dear Gaby,

It's important to get enough rest before school in the morning.

You need to be Out of the Bath by 9:45 p.m.



It's o.k. to get out of the bath before 9:45, but it's not o.k. to stay in the bath after 9:45.

You need to be <u>In Bed</u> by **10:00 p.m.,** ready to sleep.

Love, Mom