Time to Go to Bed

Bedtime routines are important for young children. It helps them to relax before going to sleep, and establishes a time that is predictable. Reading to your child is a bedtime routine that your child will enjoy throughout their childhood. It is never too early to start this routine, so snuggle up and read before bed.

10 good reasons to read to babies:
1. Baby associates your voice with warmth, comfort, and security.
2. Reading has a calming effect on a restless baby.
3. Baby is entertained by nursery rhymes and songs.
4. Holding the baby while reading to him/her creates a close, loving bond between parent and baby.
5. Baby makes an association between reading and being held.
6. The pleasure of being held transfers to the desire to be read to.
7. Baby will learn to listen and will grow up ready to read.
8. Baby will begin imitating sounds and words.
9. Baby must hear English (or French or whatever) in order to learn that language.
10. It's fun to read to a baby!

Featured Book

Goodnight Moon, by Margaret Wise Brown

This classic book is a perfect bedtime story to read with your child. The rhyming text makes it a great choice for babies and toddlers, who identify with the bunny’s desire to stay awake. The soothing poetry and pictures will help your little one get ready for a good night’s sleep!

Margaret Wise Brown is one of the best-selling children’s book authors of all time. Here are two more favorites:

The Runaway Bunny
A Child’s Goodnight Book (Caldecott Honor)

Other Bedtime Books...

- Bed Time Rhymes, by Clare Beaton
- Good Night Gorilla, by Peggy Rathmann
- Night-Night Little Pookie, by Sandra Boynton
- Time for Bed, by Mem Fox
- The Goodnight Train, by June Sobel
- The Napping House, by Audrey Wood
- Twinkle, Twinkle Little Star, by Jerry Pinkney
- Papa, Please Get the Moon for Me, by Eric Carle
More fun with *Goodnight Moon*...

**Talk and point...** Talk about the objects in the story, and ask your child to find them on the page. "Where is the brush? Here it is! It is on the table with the comb and lamp. What do we do with a brush?" (Older children can look for the mouse on each colored page.) Labeling objects will help build your child’s vocabulary and teach them to pay attention to the pictures.

**A Word About Board Books...** Board books have pages that are heavy, sturdy and laminated. They are perfect for little hands. The pictures are simple and clear and the designs are bright and fun.

Babies explore their world by putting things into their mouths, including books! This is normal, and board books are made for little hands and mouths because they are harder to damage than other books.

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**Nursery Rhyme**

**Hey Diddle Diddle**

Hey, diddle diddle,
The cat and the fiddle,
The cow jumped over the moon.
The little dog laughed
To see such a sport,
And the dish ran away with the spoon.

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**Action Rhyme**

**Big Yellow Moon**

(Match actions to words)

Big yellow moon shines so bright,
(Hold your arms above your head in a circle shape)
Glides across the starry night.
(Move your arms from left to right)
Looks down at me,
(Use your hands to shade your eyes)
Asleep in bed.

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**What your library can do for you...**

Most libraries has a big selection of music CDs. Lullabies are a nice way to help little ones get to sleep. Look for lullaby CDs and check some out at your library.

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**Books to Go from Your Library**

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