Bedtime for Baby
By: Sassy®

“Yawn! Baby is sleepy. It’s time to put on pajamas and read a bedtime story!” This book is perfect to help you and your child get ready for a restful night of sleep. Read with your child and follow along with the pictures!

New words and sounds your child might learn:
Yawn, baby, sleepy, story, sing, stars, bedtime, pajamas, time, lullaby, fast, asleep

Before:
- Read the title of the book to your child and point to the baby with the book. Say, “Look at the baby reading before bedtime, just like you!”
- If you have a teddy bear (or other stuffed animal), have your child hold onto the teddy bear or set the teddy bear near the child. Say “Let’s read with your bear!”

During:
- Talk about the pictures as you read the words on each page: “Look the baby is yawning!” then pretend to yawn.
- As you read the story, feel the different textures on each page and describe them: “Feel the soft pajamas on the baby.”
- At the end, tell your child, “The baby looks so comfortable and is sleeping so he can feel great tomorrow.”

After:
- Gather items you use to get ready for bed, like pajamas, blanket, and stuffed animal. Show the items that are in the book to your child and tell her, “It’s our turn to get ready for bed!”
- Prepare a short, simple lullaby for your baby.
- Say “goodnight” to members of your family, and model this behavior for your child. Encourage her to say “goodnight!”

Try some of the ideas above. Continue to use your own imagination during book play, too. Have fun with the book and enjoy your time together.

Family And Child Education