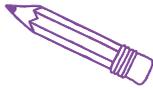


ACTIVITY TIME

Featured Stories Program

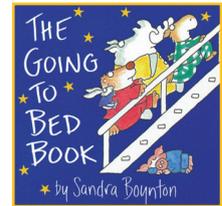
books
for
babies



Book title: THE GOING TO BED BOOK

by Sandra Boynton

A very simple and fun story with a family of animals preparing for bed time. They watch the sun go down and then head inside to have a bath, put on their PJs, brush their teeth and then finally to watch the moon rise with a special twist, before finally falling fast asleep. A delight to read.



Activity: Door hanger for Baby's room

You will need:

- Template (see attached)
- Card (use an empty cereal box)
- Scissors
- Glue or sticky tape
- Textas or colouring pencils (optional).

Instructions:

1. Glue the template to the card and allow to dry
2. Cut out the template
3. Fold where indicated
4. Glue the cardboard together
5. Colour in if desired
6. Hang your door hanger on your Baby's bedroom door

Ideas

Talk to your baby when it's time for them to have a sleep. They will not understand everything you are saying yet, but through hearing words over time they will learn this is part of their sleep routine and eventually follow your cues. Some ideas include:

- Explain to them how you turn the door hanger on their door to show the sun for awake, and then the moon for sleeping time
- Quietly chat with them as you change them into pyjamas "Here are your snuggly pyjamas, let's get you ready for bed."
- Dim the lights or close the curtains and tell baby you are making it easier for them to relax and sleep
- Gently sing a lullaby such as "Twinkle Twinkle Little Star" to help comfort and settle your baby ready for sleeping.

Song

Twinkle Twinkle Little Star.

Key message

Children learn being engaged and doing.



Adult supervision is essential. Involve and talk with your child as much as possible.

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au



