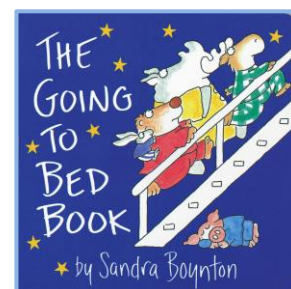




## The Going To Bed Book By Sandra Boynton

*It's the end of the day and the sun is slowly setting. It's bedtime on a busy boat! The boat's crew are a fun and friendly bunch of animals including an elephant, a pig, a rabbit and a rhino! Sandra Boynton's characters are captured in a loose cartoon style against a bright background, and the text is easy to read with a lovely hint of humour. This is a happy bedtime book describing the bedtime routine in an appealing and original context.*



### Key Message for Parents | Children Are Born Ready to Learn

Babies are born ready for a lifetime of learning. How a child learns and what they learn in the early years determines how their brain develops. So how can we optimise learning and brain development in the early years?

- Optimal learning occurs when a child feels secure and loved. By providing a loving and safe environment, a baby's learning is supported
- Being responsive to a baby's needs is vital too. Listening, talking, reading and singing to your baby not only builds neurological connections but enhances emotional wellbeing as well.

### Learning Outcomes | Outcome 3: Children Have a Strong Sense of Wellbeing

Wellbeing is supported when babies experience a nurturing and loving environment. Get to know the babies in your group, provide a simple, predictable and enjoyable routine for story time. Make sure parents and carers are comfortable and feel happy and welcomed.

All children benefit from a regular sleep routine and it's a fantastic way for parents to relax and reconnect with their children after a long day! A sleep routine doesn't need to be hard work - but it does take time to work out what works best for you and your child.

Here are some suggestions to share with parents:

- Begin the routine about one hour before bedtime. Play gentle music or dim the lights to signify it's time to settle down. A visual or aural clue like this can help switch the brain to relaxation mode. Follow with a calming bath, a quiet song and story
- Predictability is the key - so once you have established what works for your family, stick to it where possible.

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

[thelittlebigbookclub.com.au](http://thelittlebigbookclub.com.au)     



### Themes within this story

- Bed time
- Rhyming stories
- Animals

### Welcome

Ask carers to write nametags for themselves and their babies. Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

### Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

#### Welcome song- Come Along

*Come along and sing with me, sing with me*

*Come along and sing with me*

*It's time for story time*

#### Repeat and replace 'sing' with bounce, rock, clap etc.

*Come along and bounce with me, bounce with me, bounce with me*

*Come along and bounce with me, it's time for story time*

### Songs

#### Star Light, Star Bright

*Star light star bright*

*the first star I see tonight*

*I wish I may, I wish I might*

*Have the wish I wish tonight*

Encourage parents to sing facing their baby so that baby can watch their mouth move as they sing and talk – this helps babies learn to speak themselves.

Invite parents/carers to sit baby in lap and rock back and forth from side to side.

Repeat several times changing the volume each time-perhaps you could end in a whisper.

#### Twinkle, Twinkle Little Star

*Twinkle, Twinkle Little Star  
(Wiggle fingers above head)*

*How I wonder what you are?  
Up above the world so high  
(Point up with index fingers)*

*Like a diamond in the sky  
(form a diamond shape with fingers)*

*Twinkle Twinkle little star  
(Fingers wiggling above head again like stars)*

*How I wonder what you are?*



### Before Reading

Ensure that babies and parents/carers are sitting comfortably. Today's story is called ***The Going To Bed Book*** by Sandra Boynton. It's a sturdy medium sized book that is the perfect size for a small hands to explore. (If possible have multiple copies available for your families.)

### During Reading

Babies will tune into your voice if you speak clearly and vary the intonation, as you read.

There is plenty of opportunity have some fun as you read today's book; here are some examples of where you could add expression and vary your tone.

- "Now everybody goes below, (make the sounds as the animals skip down the steps) and take a bath in one big tub!" (Make lots of washing sounds - encourage parents and carers to pretend to wash their little ones too!)
- "...they brush and brush and brush their teeth"- make the sound of a toothbrush *ch.. ch.. ch!*
- When the animals go to the deck to exercise, encourage parents to move baby's arms and legs or lift their babies up.
- "...and somebody turns off the light!" If you can reach the light switch easily you might like to turn it off or get parents and carers to shut their eyes.
- "...and rock and rock to sleep" encourage parents to hold baby in their arms and gently rock from side to side.

### After Reading

Sandra Boynton has created ten friendly animals in this story. Challenge your adult listeners to remember what animals they saw. Have fun together making some of those animal sounds.

You might like to finish the story session with a movement song - here is a suggestion.

Listen on YouTube: [https://www.youtube.com/watch?v=n\\_q7Mpm6RLg](https://www.youtube.com/watch?v=n_q7Mpm6RLg)

### Rolling All Around

ACTION TIP: Start with parents to sit baby on their laps and gently move side to side

*Rolling all around in a boat on the sea,*

*Roll, roll, roll roll roll along with me*

*I'm rolling all around in a boat on the sea*

*Roly-poly, roly-poly roll!*

ACTION TIP: Now invite parents/carers to gently lift their knees with baby on lap

*Bobbing all about in a boat on the sea*

*Bob, bob, bob, bob, bob along with me*

*I'm bobbing all about in a boat on the sea*

*Bobbing, bobbing, bobbing, bobbing, bob!*



## Activity time

### Goodnight! Bedtime routine.

Have some boxes with blankets ready. Provide soft toys and dolls, pretend toothbrushes, paste, and brushes and old t-shirts for pyjamas. Play some gentle sleep time music and let children and adults 'play' together, brushing dolly or teddy's teeth, putting on the pyjamas, then tucking the toys into bed!

### Craft Idea – Tuck Ted into Bed!

#### What you need:

- Template (please see attached template)
- Stickers to decorate blanket
- Crayons to colour teddy

**Safety note: Please ensure the cleanliness of materials selected, ensure that they do not pose a choking hazard or contain small batteries.**

#### Instructions/Method:

- By simply folding the paper upwards, this creates a blanket for teddy.
- Older babies and young children may like to add stickers or colour in blanket with crayons



## Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area.

- **Time For Bed** by Petr Horaček
- **Once I Heard A Little Wombat** by Renée Trembl
- **Goodnight Moon** by Margaret Wise Brown

## Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (*Here We Go Round the Mulberry Bush*) **or** your preferred choice.

### Goodbye

*This is the way we say goodbye (use a waving action)*

*Say goodbye, say goodbye*

*This is the way we say goodbye*

*To all our library friends (or) (to our friend.....)!*



### Activity Template

1. Decorate with crayons
2. Fold paper up to create a blanket for Ted
3. Place inside a shoebox if desired.



Fold on the line to create Teddy's blanket