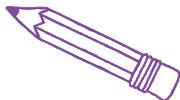


# ACTIVITY TIME

## Featured Stories Program



Book title: **SNOOZE WITH HAIRY MACLARY**

By Dame Lynley Dodd

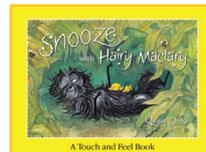
### Share a bed time story

#### You will need:

- You and your baby
- A book.

#### Tips:

- Turn off distractions, switch off the TV, and put away your phone or iPad. This helps to establish a routine and tells your baby you are giving them your whole attention
- Pick a place to share stories, it might be in the lounge room or in your baby's room
- With newborns, sit beside their bassinet or cot and read aloud to them. Your baby will love to listen to your voice
- Choose stories that you enjoy to read, it's a good idea to read the same story each night as repetition is very important, babies need to hear words many times before they will begin to understand them
- Touch and feel books are great to share with babies and young children. Hold your baby close and give them time to explore the pages in the story
- Think about the tone of your voice – before bed time, keep your voice gentle and calm
- Singing songs at bed time is a fantastic idea, just remember to sing slowly and softly.



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

#### Further information

Follow your baby's lead, and make sure the experience is enjoyable for you both. Keep in mind that not every time you share stories, sing songs or play with your baby will go a perfectly – this is normal! The important thing to remember is how beneficial these experiences are and to try and include them into your daily routine when your baby is receptive.

Sharing stories as part of a bed time routine is a fantastic idea. Reading, talking and singing songs as part of your baby's everyday routine will to strengthen their vocabulary and help support healthy brain development.

#### Songs

*Twinkle, Twinkle Little Star* and *Rock-a-bye Baby* or your favourite song!

#### Key message

The first five years matter, and last a lifetime.

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

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

