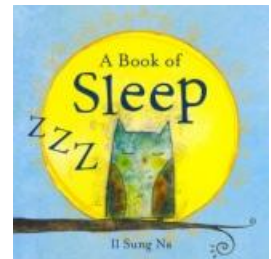


## A Book Of Sleep by Il Sung Na

Il Sung Na makes his American debut with this gorgeous bedtime offering. While each animal rests in its own special way, little ones will also drift off to a cozy sleep

*When the sky grows dark  
and the moon glows bright,  
everyone goes to sleep . . .  
except for the watchful owl!*



### Key Message for Parents

#### The Best Learning Happens In Nurturing Relationships

- Children have better outcomes when they have relationships that are consistent, warm and loving.
- As your children grow and develop interests, bedtime can become a special time for talking or reading books that explore their favourite things or topics.

### EYLF Learning Outcomes

#### Outcome 1: Children have a strong sense of identity

- Children learn to interact in relation to others with care, empathy and respect.

### Welcome

Welcome everyone, introduce yourself, remind mobile phones off and time for adults to chat after the story and songs.

#### Welcome Song

Good morning to you (sung to the tune of Happy Birthday) *or your preferred welcome song.*

#### Good Morning

*Good morning to you  
Good morning to you  
Good morning everybody  
And welcome to you!*

### Book Introduction

Use a toy baby doll and show the children how you put the baby to bed. This might include dressing the baby in pyjamas, reading it a story, singing a song, giving baby a kiss and tucking into bed (shoe boxes and tea towels make great beds for baby dolls). Tell parents that today you are going to share a story that is perfect for bedtime.

### During Reading

You may want to give baby or toddlers a baby doll or cuddly toy to snuggle or gently rock while you are reading.



## After Reading

If the adults in the group feel comfortable, they may want to share bedtime routines that work well for them. Make parents aware of the following resources that are available to them:

- Any parenting books your library has in their collection.
- Free magazines like *SA Kids* and *Adelaide's Child*
- Your library should have a copy of The Little Big Book Club's *It's Bed Time* book.
- Websites such as [www.raisingchildren.net.au](http://www.raisingchildren.net.au) and [www.cyh.com.au](http://www.cyh.com.au)



## Songs and Rhymes

Gentle bedtime songs can be just as valuable as a bedtime story in your bedtime routine. Ask families to share what lullabies they sing to their children.

Other songs you can suggest include:

- *Twinkle Twinkle*
- *Baa Black Sheep*
- *Hush Little Baby*

The Little Big Book Club website has a number of nursery rhymes which you can download for free.

## Activity Time

There are many wonderful books about bedtime that families might find useful for their bedtime routine. The Little Big Book Club has created many printable activities that match these books which are available on our website. Our suggestions include:

- *Tuck Me In* – Make a bed and some animals to tuck in.
- *Time for Bed, Isobel* - Make a bed for a cuddly toy out of a tissue box.
- *Sleepy Bears* – Make a shiny moon and sleepy bear mobile.
- *Hugless Dougless and the Big Sleep* – Make a backpack filled with everything you need for a sleepover
- *Check On Me* – Make a day and night poster.

The above activities are suitable for a variety of ages.

Collate a list with the children and families of their favourite bedtime picture books. Or ask families to prepare their own lists. Copy and share their lists as a great way of introducing new books to each other.

## It's Bed Time

This beautifully illustrated picture book features commissioned bed time stories by established Australian authors, tips and suggestions to help parents/carers establish bed time routines and a recommended book list of additional bed time stories.

**You can listen to and share the downloadable music by Mike Steer that has been specifically commissioned for *It's Bed Time*.**