

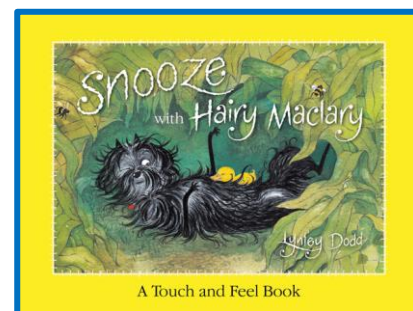


Snooze with Hairy Maclary

By Dame Lynley Dodd

Yaawn! Hairy Maclary and friends are feeling very sleepy, it's time for them to snooze. Where will they choose to settle down for a restful sleep? Reading simple books to babies and young children before bed can be relaxing and can add to a bed or nap time routine. The repetitive rhythm of this story will calm children, getting them ready for sleep!

This book has wonderful textures to touch and feel, have fun exploring with babies and young children



Key Message for Parents

Children are born ready to learn

Secure, responsive relationships provide opportunities for healthy brain development. The experiences children have from birth provide a foundation for their future learning. During story time talk with parents and carers about how they can support their baby's early brain development.

Share ideas and activities with parents, some suggestions are:

- Explain how they can respond to their baby's attempts at communication by talking with their baby, having conversations with them and using lots of words throughout everyday activities
- Read books with their babies from birth – advise families that it's never too early to start
- Reaffirm that repetition is important! Tell families repetition helps babies to hear words and concepts such as colours, numbers and sounds over and over again, making it easier for them to learn.

Learning Outcomes

Outcome 4: Children are confident and involved learners

Whilst unable to verbalise initially, babies and young children are constantly observing the world and over time children will develop a range of skills and dispositions for learning. By creating positive experiences educators can help to encourage children to be curious, confident, persistent and to use their imagination.

We can support children in becoming confident and involved by:

- Providing opportunities and support for children to engage in meaningful play
- Accessing well written books with further investigation of the topic, extension activities and repetition
- Communicate with and encourage babies when they show signs of communication.

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

thelittlebigbookclub.com.au





Themes within this story

- Bedtime
- Animals
- Rhyming stories

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.

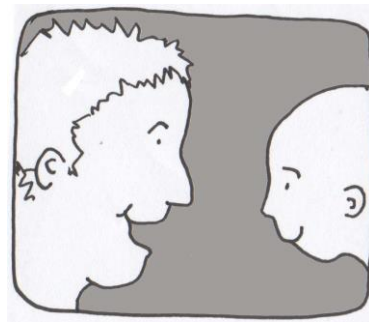
Good Morning

Good morning to you

Good morning to you

Good morning everybody

and welcome to you!



Encourage parents and carers to face baby when singing

Song

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star

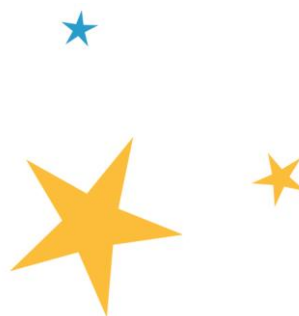
how I wonder what you are

up above the world so high

like a diamond in the sky

twinkle, twinkle, little star

how I wonder what you are.



TIP: Explain to parents and carers the importance of facing their baby whilst singing. Hold their hands where baby can see, help to guide older baby's hands to wiggle their fingers like twinkling stars. The more times baby's hear the same songs the sooner they will become familiar and be able to join in with simple actions. Babies will recognise familiar songs and show their enthusiasm through their body language, smiling, laughing, wriggling or babbling along with the song.



Before Reading

If possible, access multiple copies of this book and give a copy to each parent. Ask parents/carers to hold baby in their lap and to spend time exploring the front cover with their baby, point out and name what they can see. Prompt parents to point to Hairy Maclary on the front cover, name him and tell their baby he is getting very sleepy just like they do sometimes.

Talk about the signs and signals babies might give when they are tired.. Some children and babies can sleep anywhere/anytime, while others find it much harder to wind down. This is quite normal! Encourage parents to keep bed time routines relaxed and quiet. Consider the tone in which the book is being read and explain that it is a simple text, easy to read before bed or when having quiet time

Explore with parents and carers how to incorporate stories into their baby's routine. Explaining how this book is a great book to use as part of a wind down/bedtime routine.

During Reading

It's important to engage the parents and carers as they will need to be engaged with their baby during story time. The touch and feel textures throughout the story help to engage babies and young children. Give parents plenty of time to explore the different textures with their baby during story time. If you don't have multiple copies of this book, perhaps offer parents samples of different textures and materials for them to introduce to their baby as you read aloud.

Role model and use your voice to accentuate the story. Make long "Yaaaaawwwnnnn" sounds, and use your body to really bring actions to life. Encourage parents to yawn, and look at their babies as they are listening to the story. Encourage older babies to join in, explain to parents that doing these simple 'sleepy' actions as part of a bedtime routine will help relax children before sleep.

After Reading

Reading books with children before bed can help to build a strong sense of routine for a child. It can be relaxing and can send the signal that it is now time for bed. This is especially helpful when the book is about bedtime.

After reading, encourage parents to follow their baby's cues. Some babies might be ready for a sleep, let them know they are welcome to rock their baby off to sleep in the session, or even leave the session if they prefer.

You can have a selection of other books that parents/carers might like to borrow and try in their bedtime routines. Offer advice on why repetition is important and suggest they read the same story for a few times before moving onto another.

Sing softly sung nursery rhymes after reading, creating a gentle and calm environment for all.

Song/Rhyme suggestions:

- Rock a bye baby
- Hush little baby
- Brahms lullaby





Activity Time

NOTE: Adult Supervision is required at all times.

Star Jar

Relaxation bottles can be made in a variety of ways using store bought items or clean containers and household items.

They can be useful for young babies as a stimulating toy and older babies/ children can use them as calming or focus bottles.

Materials needed:

- empty, clean, clear bottle (you can use an old water bottle, simple peel the label off)
- hot water
- glitter glue
- hot glue gun.



NOTE: Adult supervision is required at all times

Instructions:

- fill the empty bottle with hot water to $\frac{3}{4}$ full
- squeeze the glitter glue into the water until almost at the top
- wait for the water to cool down before gluing the lid down securely
- wait for the glue on the lid to dry and shake your bottle
- watch the glitter swirl around and fall to the base of the jar time and time again.

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.

- **Twinkle, Twinkle Little Star** by Mandy Foot
- **Baby Bedtime** by Mem Fox and Emma Quay
- **Once I heard a Little Wombat** by Reneé Trembl

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.....)!