

ACTIVITY TIME

Welcome Baby to this World

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Cuddle up and share this story with your special baby to welcome them to this world.

Snuggle up for bedtime

You will need:

- You and your baby
- Clean nappy and pyjamas
- Bottle or milk (if wanted)
- Favourite book/s.

A bedtime routine

1. Talk to your baby as you dress them for bed. For example, "let's change your nappy and put on your pyjamas ready for bed"
2. If your baby has a drink of milk before bed quietly talk to them while they are drinking. For example, "do you remember our walk to the park? Today was a sunny day. I wonder if the sun will be shining again tomorrow?"
3. Share a book/s with your baby and talk about the story and pictures. Enjoy some cuddle time too.
4. As you place your baby in their bed quietly sing a lullaby with the lights dimmed.
5. Whisper "now it's time to lie down and go to sleep". This is one example of a bedtime routine, and yours may be different to suit you and your baby.

More ideas

Put a favourite doll/toy to bed using your sleep routine. Talk about the night being dark and a time for sleeping, and day being bright and time for playing. If your baby is older learn some lullabies together such as *Rock-a-bye Baby* or *Twinkle Twinkle Little Star*. Talk about different animals and where they live and sleep. Borrow a CD of lullabies or bedtime music for baby from your local library.

Songs to sing

Twinkle Twinkle Little Star, *Rock A Bye Baby*, *Hush*, *Little Baby* and *Brahams Lullaby* (Lullaby and Good Night).

Key message

The best learning happens in nurturing relationships.



Adult supervision is required at all times when children play or are around water.

