

BEDTIME BOOKS FOR 3-5 YEAR OLDS

Sleepy Bears

Mem Fox

Kittycat Lullaby

Eileen Spinelli

Bayou Lullaby

Kathi Appelt

Night Shift Daddy

Eileen Spinelli

Out of the Night

Lola M. Schafer

On the Day You

Were Born

Debra Frazier

Cowboy Dreams

Kathi Appelt

Guess How Much I Love You

Sam McBratney

So Many Bunnies

Rick Walton

Froggy Goes to Bed

Jonathan London

How Do Dinosaurs Say Goodnight?

Jane Yolen

I Am Not Sleepy and I Will Not Go to Bed

Lauren Child

Turtle Time

Sandol Stoddard

Everything to Spend the Night:

From A to Z

Ann Whitford Paul



FOR MORE INFORMATION
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Ready to Succeed

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TIPS FOR BEDTIME READING



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READING AT BEDTIME

It can be a common theme - working moms and dads arriving home just minutes before your child's bedtime, exhausted, hungry, ready to collapse! How can you make the most of those few precious minutes?



While it may seem impossible, all it takes is a little advanced planning. The following are some handy tips for helping busy families make the most of even a few minutes of bedtime reading:

- ◆ Plan ahead by going to the library to pick out books for the week. Place them on your child's bed and remind him that you will be reading together each night.
- ◆ Talk about the book you read the night before at breakfast or while making lunch. This reinforces the special time you spent together, even if it was only five minutes. Recalling the story is a great educational exercise, too!

- ◆ Too tired to hold a book? Tell a story that you know or make one up together. Making up a story with your child stimulates creativity and is a nice change of pace from the usual.
- ◆ Use colored sticker dots to code your books according to their length (short, medium, long) and let her choose books according to how much time you have to spend together. "Tonight is a medium length book night, can you find a medium length book you'd like to read?" Involving her in the decision process is very empowering and reassuring to a young child.
- ◆ Help your child explore the full range of language development by singing familiar songs together at bedtime. You can each choose a song that you'd like to sing. It is easy to make up your own songs simply by changing the words to songs you already know.



Reading to your child at bedtime has more benefits than being part of a routine. Books are very relaxing and give your child happy

thoughts before he falls asleep. It also gives you the opportunity to snuggle as much as you can before the day is done.

BOOKS TO READ WITH 0-2 YEAR OLDS

Time for Bed

Mem Fox

Baby's Bedtime

Fiona Watt

Hush Little Baby

Sylvia Long

Circle Song

Diana Engel

Night Lights

Steven Schnur

Go to Bed

Virginia Miller

Goodnight Moon

Margaret Wise Brown

Snuggle Wuggle

Jonathan London

When Mama Comes Home Tonight

Eileen Spinelli

Little Donkey Close Your Eyes

Margaret Wise Brown

Kiss Good Night

Amy Hest

What to Expect at Bedtime

Heidi E. Murkoff

Can't Sleep

Christopher Raschka

Who's in My Bed?

Helen Piers

Two Tigger Tales

Ann Braybrooks

