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 PLEASE CONTACT:

Ready to Succeed

UC Cooperative Extension
11477 E Avenue
Auburn, CA 95603
530 889-7350
Website: http://ceplacer.ucdavis.edu
E-Mail: ceplacer@ucdavis.edu

Funding for this brochure provided in part by:

FIRST 5 PLACER
Children & Families Commission
www.First5Placer.org

University of California
Agriculture and Natural Resources

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://danr.ucop.edu/aa/danr_nondiscrimination_and_affir.htm)
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 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.
♦ For older children, select a longer book and read a chapter or two at a time. This provides continuity and builds excitement for what’s to come.

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

books to read with 0-2 year olds

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