Dear Caregivers:

Today we used some of these books, fingerplays, and other materials in our storytime. Please continue helping your child develop by sharing these at home!

BOOKS TO SHARE

Llama Llama Red Pajama
by Anna Dewdney

Everyone Is Yawning
by Anita Bijsterbosch

Good Night Like This
by Mary Murphy

Nighty Night, Little Green Monster
by Ed Emberley

Dinosaur Vs. Bedtime
by Bob Shea

You Nest Here With Me
by Jane Yolen

Bedtime For Yeti
by Vin Vogel

One Minute Till Bedtime: 60-Second Poems to Send You Off to Sleep
edited by Kenn Nesbitt

I Just Want to Say Good Night
by Rachel Isadora

Don’t Blink
by Amy Kraus Rosenthal

LETTER OF THE DAY

N n

ASL SIGN OF THE DAY

"Goodnight"

FUN WITH FINGERPLAYS AND SONGS

Five in the Bed [action rhyme]

There were five in the bed and the little one said, [hold up five fingers] "Roll over! Roll over!" [roll arms]

So they all rolled over and one fell out! [tip over as if falling]

Verses: 4, 3, 2 . . . There was 1 in the bed and the little one said, “GOOD NIGHT!”

Going to Bed [action rhyme]

This little child is going to bed [point to self] Down on the pillow they lay their head [rest head on hands] They wrap themselves in a blanket tight [hug yourself] And this is the way they sleep all night [snore]

Teddy Bear, Teddy Bear [action rhyme]

Teddy bear, teddy bear, turn around Teddy bear, teddy bear, touch the ground Teddy bear, teddy bear, reach up high Teddy bear, teddy bear, touch the sky Teddy bear, teddy bear, touch your knees Teddy bear, teddy bear, sit down please.

This Is The Way We Yawn & Stretch
[Tune: "Here We Go 'Round The Mulberry Bush"]

This is the way we yawn and stretch,
Yawn and stretch, yawn and stretch.
This is the way we yawn and stretch,
On our way to bed.

[Verses: This is the way we take a bath... This is the way we read a book... This is the way we hug and kiss... This is the way we close our eyes...]

At Night [action rhyme]

At night I see the twinkling stars [wiggle fingers or use ASL sign for 'star']
And the great big shining moon [arms overhead in circle or use ASL sign for 'moon']
My grown-up tucks me into bed [mime pulling a blanket over your body]
And sings this goodnight tune . . . [sing "Twinkle Twinkle Little Star"]

Four Little Stars [fingerplay]

Four little stars winking at me. [hold up four fingers and count down while saying the rhyme]
One shot off and then there were three!
Three little stars with nothing to do.
One shot off, and then there were two!
Two little stars afraid of the sun.
One shot off, and then there was one!
One little star alone is no fun.
It shot off, and then there was none!

Moon and Stars Mobile

Supplies:
Paper plate
Yarn
Blue/Yellow/Black crayon
Scissors
Hole punch

Draw a crescent shape on one side of your plate and color the moon blue. Cut out the moon.

Draw a star shape on the remaining piece of the plate and color yellow. Cut out the star.

Punch a hole through the moon at the tip and another at the top of the star.

String the star through the hole to hang under the moon.

Punch a hole at the top of the moon and string a longer piece of yarn through so you can hang your mobile up over your bed!

Structure your child's bedtime with routine.
Read a story together before turning out the lights, and/or offer your child a 'transitional object' (a teddy bear, a special blanket, etc.) for example.

This predictability can make bedtime less stressful for your child(ren) (and for you!).

Talk with your child about the kinds of animals that come out during the night and sleep during the day.

Brainstorm a list of other words that begin with the letter 'n' together.