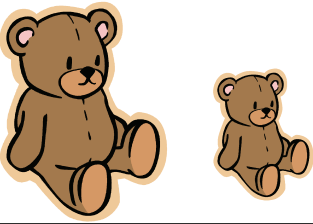


# Let's Talk About **Can't You Sleep Little Bear?**

Little Bear has a clown doll. Can your child find it in the pictures?

If your child has both big and little toy bears, he or she may act out the story as you read it.



Big Bear brings out three sizes of lanterns. One is small. One is bigger, and another is the biggest of them all. Find three sizes of balls, pencils, pots, books etc.



In the story find pictures of things that give light at nighttime. (Look carefully on the front cover as well.) What gives light during the day?

Put them in order of size from the smallest to the biggest.

Who is the smallest and biggest in your family?



The moon is big and round when Big Bear takes Little Bear outside. Does the moon always look like that?

## Let's Play With Rhymes

### The Bear in the Cave

Here is the cave

*(Shape one hand like the letter C.)*

And here is the bear

*(Hold up index finger of other hand.)*

And here comes the wind, with its cold blustery air. *(Blow on the cave and bear.)*

The cave is a warm place in which you can hide.

*(Bring index finger into cave-shaped hand.)*

Sleep little bear, all cozy and snug,

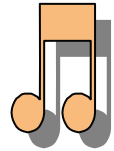
*(Curl hand around index finger like a blanket.)*

With the snow on your cave, like a fluffy white rug.



### Good Night, Sleep Well

*(Sung with a slow tempo*



*to the tune of "Oh, Susannah")*

Oh, the sun has set,

The day is gone,

It's time to go to sleep.

Oh, your sheets are cool,

Your blanket's warm,

Your pillow's nice and deep.

Good night, sleep well

Until the birdies peep.

Oh, I'll see you in the morning

But right now it's time to sleep.

## Note to Parents & Caregivers

Spark your child's interest in the story by reading it with expression. Change the sound of your voice for each bear. Notice the pattern in Big Bear and Little Bear's conversation. After reading the story to your child a couple of times, pause when Little Bear is about to speak. This will give your child a chance to remember and say Little Bear's words.

Reading the same story several times helps a child remember it.

## Let's Create

### Bear Puppets

Give your child a paper lunch bag. Let him or her create a teddy bear face to the folded bottom of the bag by gluing on facial features made from construction paper. Add more details to the face with markers or crayons.



*Sometimes children will talk about their feelings through a puppet. Make your own bear puppet. Both puppets will then be able to "talk" to one another.*

## Let's Be Together



Children go through times when they are afraid. Fear of the dark is one of the most common fears among young children. The best way to deal with children's fears is to reassure them. Help them to feel safe and secure.

### Suggestions to help children with fears at bedtime:

- Spend time with them before bed. Reading a story before bed leaves a child with pleasant thoughts of the book and of time with you.
- Leave the door open and check on your child frequently. It lets your child know that you are close by.
- Soft music or a story tape breaks the silence that can trigger fearful thoughts.
- Night-lights and a favorite toy help a child feel secure.
- A snuggle time before bed leaves a child feeling safe and secure.

**Take extra time at bedtime to reassure your child.**



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