

Let's Talk About **Goodnight Moon**

Goodnight Moon is a gentle and soothing bedtime story. It was written in 1947 by Margaret Wise Brown and has been a children's favourite throughout the years.

Bedtime provides a great opportunity to read with your children. Books like **Goodnight Moon** are so restful and relaxing that children are more ready to drift off to sleep after the story is finished.

Many parents find that bedtime is the one consistent time of the day they have to read with their children.

Here are some things to try when reading the book.

- ☆ With your child, look for the little mouse on every coloured page.
- ☆ Talk about the pictures: look out the window; the moon slowly rises; and the shadows in the room get darker.
- ☆ Talk about a favourite story from your childhood.

Let's Play With Rhymes

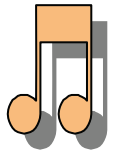


Hey Diddle, Diddle

Hey Diddle, diddle
the cat and the fiddle,
The cow jumped over the moon;
The little dog laughed
to see such sport,
And the dish ran away
with the spoon.



Twinkle, Twinkle, Little Star



Twinkle, twinkle little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are!

Note to Parents & Caregivers

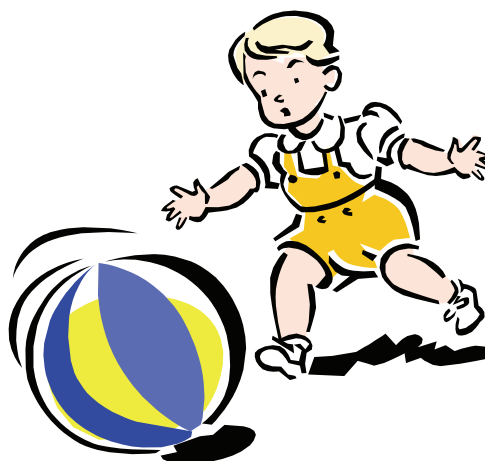
Bedtime is a great opportunity for reading with your children. The reading tradition helps your children have an easier time learning to read. And...when your children grow up and have children, they will read to their children and so on and so on!!

Start a
reading
tradition in
your
family.

Let's Create

Bounce and Catch

Show your child how to bounce a ball and catch it at waist level. Be sure the ball is large enough for your child to catch with ease.



Let's Be Together

Talk with your child about the things that they would like to say goodnight to before they go to sleep.

Talk about the things that they have in their bedrooms that are very special to them. How do these things make them feel?



Talking
and
reading
together
prepares
a child
for sleep.

Talk to your child about how the book **Goodnight Moon** makes him feel. Does this book make you feel relaxed and ready to go to sleep?



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