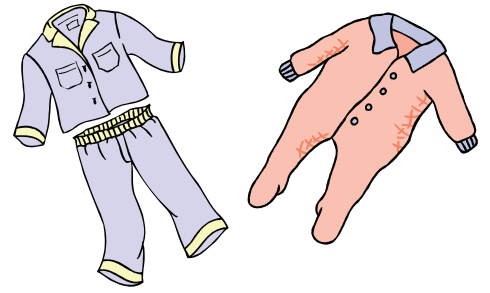


Let's Talk About Pajama Time



Pajama Time! is a lively bedtime story.
Don't worry, everyone goes to bed at the end!

Bedtime is a good time to start the reading tradition. Reading with your child before bed is very relaxing and gives you an opportunity to spend some quiet time together.

There are lots of different animals in this book. Point out the different animals as you read the book. With your child, try to figure out how many different animals there are.

As you read this book together, talk with your child about the different pajamas you see on the pages. There are stripy and polka dot pajamas and lots of others too.

Ask your child which pajamas he or she likes best and why?

Let's Rhyme

Before I Jump Into Bed at Night

Before I jump into bed at night,

Jump.

Before I dim the light,

Switch out the light.

I put my shoes together,

Hands together.

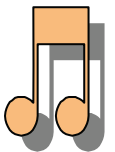
So they can talk at
night.



I'm sure they would be lonesome
If I tossed them here and there,
Toss hands left and right.
So I put them close together,
Place hands together.
For they're a friendly pair.



Sleeping Bunnies



See the bunny sleeping,

Till it's nearly noon.

Come and let us gently wake him,

With a merry tune.

Oh, how still!

Is he ill?

Wake up soon.

Hop, little bunny,
hop, hop, hop.

Hop, little bunny, hop, hop, hop.



Note to Parents & Caregivers

Need to find a little extra time to read regularly with your child? Try to limit television time after supper and read a story instead. Or, read a story during bath time. Remember, by making time for reading in your home, you are helping your child become an enthusiastic reader.

**Bedtime is
a great
time to
start the
reading
habit.**

Let's Create

Let your child help you put the clothes away. Help her or him find and put together matching clothes like pajamas or socks.

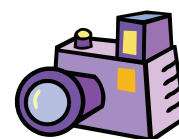


As you are doing this, talk about the different patterns and textures of the fabric. Ask which ones he or she likes best and why.

Give your child lots of chances to make decisions. Remember, you need to be comfortable that these decisions are safe for your child to make.

One opportunity that is safe and comes up everyday is to let your child choose the indoor clothes he or she will wear.

Your child may come up with some very interesting combinations. Enjoy these moments. Take a picture if you can!

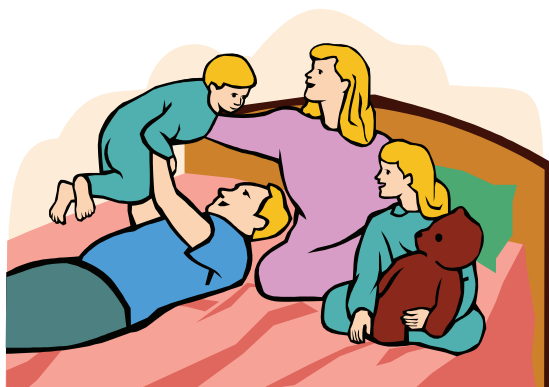


Let's Be Together

Bedtime can be hard. Your child wants to be with you. Some play before bed is good. Play can be soft, and quiet, and gentle to help your child get ready.



Hold your child up at the window to look for the setting sun or moon.



- ☆ Let your child get his favourite stuffed animal ready for bed too.
- ☆ Cut out the shapes of pajamas (a top and a bottom). Let your child colour them and stick them on their window at night.

You can dance together under the moon light for a few minutes each night.

**Make
bedtime a
fun time.**



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