

Let's Talk About **Sleepy Little Mouse**



Little Mouse has a toy cat. Find the cat in each picture as you read the story.

Does your child have a favorite toy or stuffed animal? What makes this toy special?

Little Mouse plays with many kinds of birds and sea creatures. Can your child name them? Can he or she find the smallest bird or sea creature?



Little Mouse uses a shoe for a bed and a boat. What other funny ways could a shoe be used?

There are many bright colors in this book.



What color does your child like the best?

Count the things on each page that are this colour.

Can your child find this same colour in his or her room?

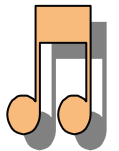
Let's Play With Rhymes

Wee Willie Winkie



Wee Willie Winkie runs through the town,
Upstairs and downstairs in his nightgown.
Rapping on the window,
Peeping through the lock.
Are the children all in bed?
For now it's 8 o'clock.

Bedtime Hokey Pokey



(Tuck your child into bed singing this version of Hokey Pokey.)

You put your right foot in
You pull your right foot out
You put your right foot in and you shake it all about.

You do the Hokey Pokey
And you get beneath the sheet.
That's how you go to bed.

Child slips right leg under the bed covers, pulls it out, puts it back under and gently wiggles it under the sheet. Repeat with the left leg, body, right and left arm.

Note to Parents & Caregivers

Children like routines. It helps them know what to expect. Reading stories at bedtime often helps children prepare for sleep. The sound of your voice, and special time shared with you can be reassuring and relaxing to a child. A book encourages your child to imagine things about the story, even after you've said goodnight.

Make reading an important part of your child's daily routine.

Let's Create

Bathtub Finger Paints

Bedtime routines often include a bath. It's a relaxing way to settle children from a busy day and helps prepare them to listen to a story.

Mix:

1/3 cup clear, mild dish liquid detergent

1 tablespoon cornstarch

Food coloring



Pour mixture into sections of a plastic ice cube tray. Add 1-2 drops of food colouring to each section and mix with a small spoon. Use Bathtub Finger Paints to draw pictures on the tile or tub surround. Make faces, letters, numbers or play Tic-Tac-Toe.

Let's Be Together

This story has delightful pictures. You can play "I spy" with your child. Can you find a red car, a yellow star, a round ball, a little kitty? How about a turtle, a star fish, a snail, and a bubble bee?



You can talk about dreams with your child. Where would she like to go instead of going to sleep?



Encourage your child to take a mental trip, to imagine a place she would like to go to or somewhere she would like to play. This helps children learn to use their imagination and fall to sleep.

**Imagination
can help
settle your
child for
sleep.**



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