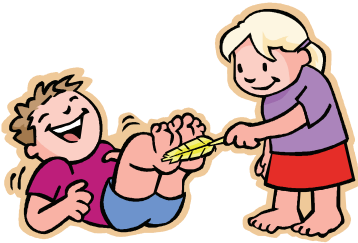


# Let's Talk About Touch & Feel Bedtime

Let your child hold the book as you read it together.

Which picture does your child enjoy touching the most?



Both boys and girls are getting ready for bed in this book.

Can your child find all the girls?

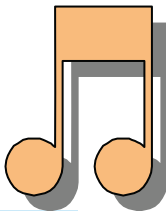
Can your child find the boys?

Look for colours. Ask your child to find something blue in the book (and other colours too.)



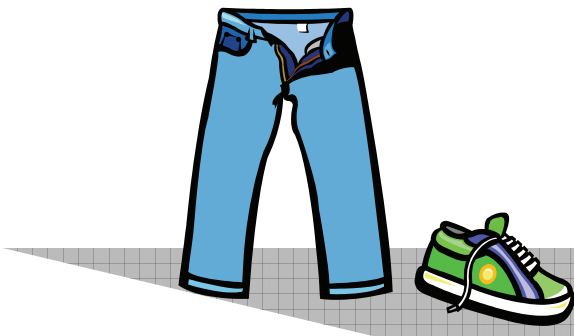
If he is having trouble knowing which picture is blue, give him a clue. "Can you find the blue blanket?"

## Let's Play With Rhymes



### Diddle Diddle Dumpling

Diddle, diddle, dumpling, my son John,  
Went to bed with his trousers on;  
One shoe off and one shoe on,  
Diddle, diddle, dumpling, my son John.



### Roll Over

*(Hold up fingers for the number in the bed and roll your arms at "Roll over!")*

There were 10 in the bed and the little one said, "Roll over! Roll over!"  
So they all rolled over and one fell out.

There were 9 in the bed and the little one said, 'Roll over! Roll over!'  
So they all rolled over and one fell out.

There were 8 in the bed *(and so on until...)*

There was 1 in the bed and the little one said, "Ah, alone at last!"

## Note to Parents & Caregivers

When you search for real objects that are pictured in books you help children make the connection between 3-dimensional objects and 2-dimensional pictures. This is a skill children must learn.

Books can help with matching objects to pictures.

## Let's Create

### Squeaky Clean Finger Paint

Finger paint you can use with your child on the tray of a high chair or on a bathtub wall.



All you need is shaving foam. Spray a small amount into your child's palm. Spread the foam using fingers, nails, knuckles and palms. What different markings can your child make?

*When you're done, just wash off with water.  
Shaving foam comes in a variety of scents too!*

## Let's Be Together

Ask your child to show you her favourite bedtime things.

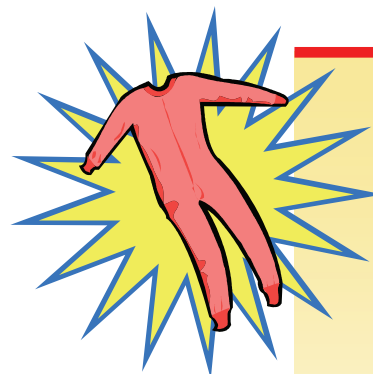
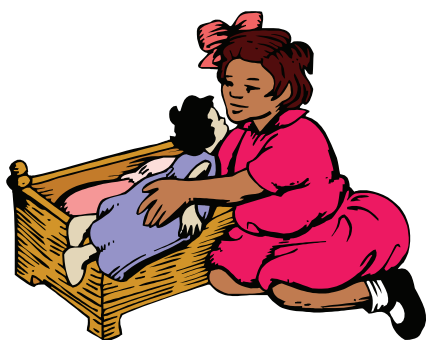
Can he find pictures of them in the book?

Do his bedtime things make him feel cozy, happy, safe, sleepy, clean...?

What is your child's bedtime routine?

Can she tell you the things she does to get ready for bed?

Have her get a doll ready for bed. She can be the parent who helps her doll with a bath, pajamas, brushing teeth, story and tucking



**Routines  
are  
important  
at  
bedtime.**



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