DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Bedtime

Bedtime
By Elizabeth Verdick &
Illustrated by Marieka Heinlen
Free Spirit Publishers
ISBN 9781575423159
Board Book, $7.95
Simple text and illustrations provide a bedtime routine to help toddlers wind down and get ready for sleep.
Ages 15 months-2 years.

The Going To Bed Book
By Sandra Boynton
Simon & Schuster
ISBN 9780689870286
Board Book, $9.99
An assortment of animals on a boat take a bath, put on their pajamas, brush their teeth, and exercise before going to bed. Ages 15 months-3 years.

Nighty-Night, Cooper
By Laura Joffe Numeroff &
Illustrated by Lynn Munsinger
Houghton Mifflin Harcourt
ISBN 9780547402055
Hardcover, $16.99
In this sweet bedtime book, Cooper and Mama take a journey to dreamland through nursery rhymes and song. Ages 18 months-3 years.

Sleep Baby Safe and Snug
By Dr. John Hutton &
Illustrated by Leah Busch
Blue Manatee Press
ISBN 9781936669165
Board Book, $7.99
A classic bedtime ritual experienced through a baby’s eyes, this book conveys safe sleep practices in a gentle, rhythmic way. Ages 0-2 years.

It’s Time to Say Goodnight
By Harriet Ziefert & Illustrated by Barroux
Blue Apple Books
ISBN 9781609053741
Hardcover, $17.99
By the time a boy says “good morning” to everything in his world, it’s time to say “goodnight!” Ages 1-4 years.

Llama, Llama Red Pajama
By Anna Dewdney
Penguin Group USA
ISBN 9780670059836
Hardcover, $16.99
At bedtime, a little llama worries after his mother puts him to bed and goes downstairs. Ages 2-4 years.

Goodnight, Goodnight, Construction Site
By Sherri Duskey Rinker &
Illustrated by Tom Lichtenheld
Chronicle Books
ISBN 9780811877824
Hardcover, $16.99
As the sun sets behind the big construction site, all the hardworking trucks get ready to say goodnight. Ages 2-5 years.

Steam Train, Dream Train
By Sherri Duskey Rinker &
Illustrated by Tom Lichtenheld
Chronicle Books
ISBN 9781452109206
Hardcover, $16.99
When a dream train pulls into the station, the cars are loaded by animal workers, each with its own whimsical cargo. Ages 2-5 years.

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