



## A Message from Raising Readers

### Bedtime Books Make Me Sleepy!

Children are curious and enjoy new experiences. But they also like having daily routines that make them feel safe. When children feel secure, they can focus on growing and learning.

Doctors recommend that parents set up a familiar routine at bedtime. Reading books together is a great way to help your child settle down and become sleepy. You can create a quiet, comfortable place by turning off extra lights, the TV, music, and even the telephone. Without all those distractions, your child can focus on the comforting sound of your voice.

This book may help your child recognize that all creatures (including children) need sleep and have their own sleepy places.

### Here are some fun activities to try together:

#### Talk About It

Point out the animals in the book who are sleeping and talk about where they sleep. After you've read the story a few times, you might ask, "Where does the cat sleep?" or "Where does the baby kangaroo sleep?" Then ask your child where he or she likes to sleep. Children often enjoy making a connection between storybook animals and themselves.

#### Act It Out

Make pretend "sleepy places" for your child's stuffed animals. You might form a circle of blankets or towels to make a stuffed rabbit's burrow or put a teddy bear under the bed as if he is going to sleep in a cave. After pointing out the "sleepy places" for each animal, say to your child, "I think I know where *your* sleepy place is." Ask your child to show you, or follow you to it.

Children fall in love with books because of the memories that are created when they snuggle up and read with someone they love. Enjoy exploring *Sleepy Places* together – and sweet dreams!