

Say Goodnight



At Toddlerific

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Some Bedtime Stories:

E BECKER	<u>A Bedtime for Bear</u>
E FOX	<u>Time for Bed</u>
E DALE	<u>Ten in the Bed</u>
E HACOHEN	<u>Tuck Me In!</u>
E HILL	<u>Time for Bed, Spot</u>
E STEIN	<u>Interrupting Chicken</u>
E WATSON	<u>Bedtime Bunnies</u>
E WELLS	<u>Goodnight Max</u>

Some Bedtime Activities:

- * Let your toddler practice putting their stuffed animals "to bed" by tucking them into the bed, telling them a story, and giving them a hug and kiss good night.
- * You can play the "Goodnight Hokey Pokey" with your child by singing, "I put my right leg in, I put right leg in..." as they are climbing into bed. This is a good way to get a good laugh at bedtime.
- * If your child has a favorite object that they like to sleep with, have a "(blankie, teddy, etc) hunt " right before bed as a signal that it is bed time. You can also continue the getting ready part. Take a look in the bathroom, and after you do not find it there, it is time to brush teeth, take a bath, brush hair, etc. Then when the object is found, it is officially bed time.

A Good Night Song

I've Been Climbing up the Staircase

("I've Been Working on the Railroad")

I've been climbing up the staircase,
It's time to go to bed
I've been climbing up the staircase,
To find a place to rest my head.

Got to put on my pajamas,
And then brush all my teeth,
Find my favorite stuffed animal,
And get in bed to sleep.