

# GOOD NIGHT

Nighttime is a great time to start a fun and comfortable routine.

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Ages: 6 months to 3 years

Pages: 16

Themes: Creating a comfort zone; recognizing familiar things

Sleepy kids are not always happy about **or** ready to go to bed. You probably already know that. Helping to create a comfort zone for your child so that they're a little more willing to "surrender to sleep" may be the answer.

As you start reading this book, talk about how mommy and baby bear are looking out the window and they see the moon and the stars. That can be one of the signs that it's bedtime. Bath time can also be a fun lead-in to getting ready for bed. Playing in the tub can be a great way to relax. Add a little massage and a clean pair of jammies and it's sleepy time.

The best part of the bedtime ritual is sharing a book together. This truly makes a "good night"!