

SLEEPY BEARS

Winter is here, and in winter, bears sleep. But how do you convince six not-so-sleepy bear cubs to go to bed? Mother bear, of course, has found a way.....

Author: Mem Fox

Illustrator: Kerry Argent

Ages: 2 to 5 years

Pages: 30

Themes: Imagination; rhyming

Can you say hibernation? This may seem like a big word but it's a way to expand your child's vocabulary by explaining how bears sleep for a long period of time in the winter.

You could play a little "make believe" with your child at nap time by pretending to be bears getting ready for your very own nap. Try a little rhyming game as they nest in for sleep....."It's time for us to get some sleep so let's lay down and not make a peep." "This nap we wouldn't want to miss so lay your head down and I'll give you a kiss." You start the rhyme and let your child fill in a rhyming word. Get a little silly and always remember to have fun with your child.