

THE NAPPING HOUSE

This sturdy little book will send your child off to bed with laughter and sweet dreams. All of the characters in this beautifully illustrated book make this story a real treasure.

Author: Audrey Wood

Illustrator: Don Wood

Ages: Infant to 4 years

Pages: 30

Themes: Recognize feelings

Try out different roles

Can your child think of times when they feel tired? What kinds of things do they have around them to get ready for bed? Play a little make-believe with your child(ren). They might pretend about:

- *brushing their teeth;
- *fluffing a pillow;
- *finding their favorite stuffed animal;
- *having a drink of water;
- *covering up;
- *reading a story.

Set out a box with bedtime props such as small blankets, little pillows, stuffed animals and books. Take turns pretending to be the “sleepy one” while the other one becomes the grownup who helps them get ready for bed. Later you can switch roles and continue the play.....if they want to.