

# TIME FOR BED

Day is done and darkness is falling. All the little ones are getting sleepy. It's time for yawning, feeling cozy, getting tucked into bed and, finally "Good night—sleep tight".

Author: Mem Fox

Illustrator: Jane Dyer

27 pages

Ages: Infant – 3 years

Themes:     Animal Identification  
              Feelings of security

What a great way to lull your toddler to sleep at bedtime or naptime. If a child needs to be convinced that it's time to snuggle down, talk with them about how all of the animals get ready for bed in similar and different ways – some sleep inside a barn, some in a pond and some in the house.

As a caregiver or parent, you may want to ask your child what other ways they think that you help to care for them – buying and preparing food, helping them to do things, listening to them.

Fred Rogers from Mister Rogers Neighborhood says, *"As children grow they become better able to do things for themselves. Yet young children still need to feel that someone is there to take care of them. There may be times when a child needs an adult to help them to button a coat or put on shoes – not because he or she isn't able to do it alone, but because he or she has come to associate those experiences with the feelings of being well cared for. At a time like that a child may just be asking for an extra portion of your care"*.