

# Pajama Time: Bedtime Stories

## Tips, Songs, and Rhymes for Parents and Caregivers

Here are ideas and activities to try this week with your child. Each activity is based on one of the **7 Days • 7 Ways** principles of early literacy development and is designed to engage your child, stimulate his or her literacy skills, and enhance the bonds between you.

- **SHARE BOOKS** Reading books at bedtime is an important bedtime ritual, because it's a calm period at the end of the day and a nice bonding experience for you and your child. But bedtime shouldn't be the only time to share books. Read with your child throughout the day; even a few minutes at a time is okay!
- **SHARE WORDS** Sharing bedtime nursery rhymes exposes children to vocabulary words they would not normally hear in everyday language.
- **SHARE RHYMES** Share bedtime rhymes at night, such as "Wee Willie Winkie" and "Wynken, Blynken, and Nod." A final fun rhyme can be "Good night, sleep tight, don't let the bed bugs bite," with kisses as pretend bug bites!
- **SHARE SONGS** Playing lullabies at bedtime is a good way to calm your child and signals that it's time for bed.
- **SHARE STORIES** In addition to reading books at bedtime, tell a story. It can be a funny story or a peaceful, loving story.
- **SHARE PLAYTIME** Have your child help get his favorite stuffed creatures or dolls ready for bed. Have him describe the nighttime routines for each.
- **SHARE WRITING** Tracing templates helps children learn how to properly hold a writing tool and strengthens the finger muscles that will be used for writing. Provide items for your child to trace around. Large cookie cutters and plastic lids (they look like a full moon) make great templates.

Here are the words to the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with your child throughout the week, you will help him or her make sense of the new information and concepts introduced at storytime.

### Songs

#### It's Time for Storytime

(sung to the tune of "The Farmer in the Dell")

It's time for storytime, (*Clap hands to beat*)

It's time for storytime,

Heigh-ho, the derry-o,

It's time for storytime.

We listen to some stories, (*Two fingers point to ears*)

We listen to some stories,

Heigh-ho, the derry-o,

We listen to some stories.

We sing some songs and rhymes, (*Two fingers point to mouth*)

We sing some songs and rhymes,

Heigh-ho, the derry-o,

We sing some songs and rhymes.

And now we'll have some fun, (*Pat knees or legs*)

And now we'll have some fun,

Heigh-ho, the derry-o,

And now we'll have some fun!

#### Are You Sleeping?

Are you sleeping, (*Fold hands under head, sleeping*)

Are you sleeping,

Brother John, Brother John?

Morning bells are ringing,

(*Pretend to pull bell cord back and forth*)

Morning bells are ringing.

Ding! Dong! Ding!

Ding! Dong! Ding!

(Repeat)

# Tips, Songs, and Rhymes for Parents and Caregivers

## Five in the Bed

There were five in the bed, and the little one said,  
“Roll over! Roll over!”  
So they all rolled over, and one fell out!

### Additional Verses

There were four in the bed ...

There were three in the bed ...

There were two in the bed ...

There was one in bed, and the little one said,  
“Good night!” *(Rest head on hands)*

## Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star, *(Open and close hands)*  
How I wonder what you are,  
Up above the world so high, *(Move hands slowly overhead)*  
Like a diamond in the sky,  
Twinkle, twinkle, little star, *(Move hands back down)*  
How I wonder what you are.

## Rhymes

### Wee Willie Winkie

Wee Willie Winkie runs through the town,  
*(Move arms as if running)*  
Upstairs and downstairs in his nightgown,  
*(Move arms up, move arms down)*  
Tapping at the window and crying through the lock,  
*(Pretend to tap on window; cup hands to mouth as if shouting)*  
Are all the children in their beds? It's past eight o'clock!  
*(Hold bent arms out, palms up)*

## After My Bath

*(Pretend to dry all body parts with a towel, then shake body at end)*  
After my bath I try, try, try  
To rub with a towel till I'm dry, dry, dry.  
Hands to dry, and fingers and toes,  
And two wet legs and a shiny nose.  
Just think how much less time it'd take  
If I were a dog and could shake, shake, shake!

## Star Light, Star Bright

Star light, star bright,  
The first star I see tonight,  
I wish I may, I wish I might,  
Have the wish I wish tonight.  
*(Have child wave the star wand from storytime.)*

## Wave Goodbye

Wave high. Wave low. *(Suit motions to words)*  
I think it's time, we gotta go.  
Wave your elbows. Wave your toes.  
Wave your tongue and wave your nose.  
Wave your knees. Wave your lips.  
Blow a kiss, with fingertips.  
Wave your ears. Wave your hair.  
Wave your belly and derriere.  
Wave your chin. Wave your eye.  
Wave your hand and say “goodbye.”  
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