

# Time for Bed

## Tips 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.

- 1. SHARE BOOKS** Make reading books at bedtime a nightly ritual from birth! It doesn't matter if your baby looks around or doesn't directly look at the book. Keep reading, unless he clearly wants to stop. When your baby becomes a young toddler, let him select the books to be read at night.
- 2. SHARE SOUNDS** Turn the light out and talk about the lovely night sounds, such as the ticking of the clock, the brushing of the wind, the hum of the refrigerator, the song of crickets, and the sounds of other nighttime critters. Tell your child what's making the sound, and imitate it together.
- 3. SHARE WORDS** Make a bedtime chart showing pictures or drawings of a few bedtime routines. The chart keeps little ones moving in the right direction and may reduce the fussing that often occurs as bedtime approaches. Look at the chart together, point at the pictures, and share words that describe the routines: bath, lights, story, hugs, tuck, and so on.
- 4. SHARE RHYMES** Recite the rhymes introduced during today's storytime through the week. Share others you might know, too, such as "Wynken, Blynken, and Nod," "Wee Willie Winkie," and the rhyme "Good night, sleep tight, don't let the bed bugs bite." Use kisses as pretend bed bug bites!
- 5. SHARE SONGS** Keep singing the songs we sang during storytime, and make up some of your own by using familiar tunes during bedtime activities such as a bath. Share lullabies you know, such as "Rock-a-bye Baby," "Are You Sleeping?" (substitute "Baby \_\_\_\_\_" for "Brother John"), and "Skinnamarink" (also known as "Skidamarink").
- 6. SHARE STORIES** Record yourself or your baby's other caregivers sharing favorite rhymes, songs, and stories. If a grandparent or babysitter puts your child to bed, the child can hear your familiar voice.
- 7. SHARE PLAYTIME** Rock your baby while listening to lullabies. Have your young toddler help get favorite stuffed creatures or dolls ready for bed. Help describe the nighttime routines for each favorite creature.

# Songs and Rhymes for Time for Bed

Here are the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with them every day, you will help your child make sense of the new information and concepts introduced at storytime.

## Songs

### If You're Happy to Be Here

(sung to the tune of "If You're Happy and You Know It")

If you're happy to be here, clap your hands, *(Clap hands)*  
If you're happy to be here, clap your hands, *(Clap hands)*  
If you're happy to be here, then place a smile there, *(Point to mouth)*  
If you're happy to be here, clap your hands. *(Clap hands)*

If you're ready to have some fun, clap your hands, *(Clap hands)*  
If you're ready to have some fun, clap your hands, *(Clap hands)*  
If you're ready to have some fun, then join in everyone,  
*(Motion hands to join in)*  
If you're ready to have some fun, clap your hands. *(Clap hands)*

### Hush, Little Baby

Hush, little baby, don't say a word,  
*(Swing arms side to side, like rocking a baby)*  
Papa's going to buy you a mockingbird.  
And if that mockingbird don't sing,  
Papa's going to buy you a diamond ring.

And if that diamond ring turns to brass, *(Clap hands together to beat)*  
Papa's going to buy you a looking glass.  
And if that looking glass gets broke,  
Papa's going to buy you a billy goat.

And if that billy goat won't pull, *(Clap hands on thighs/knees to beat)*  
Papa's going to buy you a cart and bull.  
And if that cart and bull turn over,  
Papa's going to buy you a dog named Rover.

And if that dog named Rover won't bark, *(Bounce child on lap)*  
Papa's going to buy you a horse and cart.  
And if that horse and cart fall down, *(Open legs, dip child down)*  
You'll still be the sweetest little baby in town.  
*(Lift child up on lap again and hug)*

### Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star, how I wonder what you are.  
Up above the world so high, like a diamond in the sky,  
Twinkle, twinkle little star, how I wonder what you are.

### Good Night, Baby

(sung to the tune of "Twinkle, Twinkle, Little Star")

Now it's time to say good night, *(Rock child on lap)*  
Good night, baby, please sleep tight.  
Dream sweet dreams, my baby-boo,  
Dream sweet dreams for me and you.  
Now the sun turns out his light,  
Good night, baby, please sleep tight.  
*(Rest head on hands as if sleeping)*

### The More We Get Together

The more we get together, *(Sway from side to side in time to music)*  
Together, together,  
The more we get together,  
The happier we'll be.  
For your friends are my friends, *(Point to child, then to self)*  
And my friends are your friends, *(Point to self, then to child)*  
The more we get together,  
The happier we'll be.

#### Additional Verse

The more we play together...

## Rhymes

### Time for Bed

Brush your teeth, brush, brush, *(Motion brushing teeth)*  
Wash your body, wash, wash, *(Motion washing arms and legs)*  
Brush your hair, brush, brush, *(Motion brushing hair)*  
Put on PJ's, pull, pull,  
*(Motion stepping into pajamas, pulling them up)*  
Pick a book, read, read. *(Motion opening book and reading)*

### Star Light, Star Bright

Throughout the rhyme, slowly tap fingers open and shut on top of thumb to imitate twinkling stars.

Star light, star bright,  
First star I see tonight,  
I wish I may, I wish I might,  
Have the wish I wish tonight.  
Star light, star bright,  
First star I see tonight,  
My wish this day, my wish tonight,  
To see the sun next day so bright.  
*(Make sun shape with both hands)*

### Thelma Thumb

Hold your baby's thumb up, then down. Young toddlers can move their own thumb up and down.

Thelma Thumb is up, and Thelma Thumb is down.  
*(Thumb up, then thumb down)*  
Thelma Thumb is dancing all around the town.  
*("Dance" thumb on child's body)*  
Dance her on your shoulder, dance her on your head,  
Dance her on your knees,  
And tuck her into bed!  
*(Hide thumb in fist or under child's shirt's sleeve or hem)*