

Time for Bed

Presenter Tip Sheet

About This Storytime

Good night, sleep tight! A consistent nighttime routine helps establish good habits and offers a golden opportunity to cuddle and share bedtime stories. This storytime highlights bedtime routines, some familiar and some possibly new, and introduces little ones to the moon, stars, and lullabies. (Note: You may want to ask adults, the week before this storytime, to bring their child in pajamas. You may wish to wear pajamas, too!)

Books

For books to share in this storytime, pick three from the list below, or choose other board books or picture books in your collection that reflect the theme and are developmentally appropriate for babies and young toddlers. Always share your longest book first. For your second, choose a participatory book that engages the child or both the caregiver and child. For the third and last story, share a book told through the use of a flannel board or magnetic board, or use a prop or other visual. The examples provided in the storytime program fit these guidelines. If most children are restless and you feel the program is too long for that day, skip the last story and concentrate on the rhymes and songs.

Book Suggestions:

- *Beddy-Bye Baby*, by Karen Katz (Little Simon, 2009)
- *Bedtime for Bunny*, by Jane Yolen (Little Simon, 2002)
- *Go to Bed*, by Virginia Miller (Candlewick, 2000)
- *Good Night, Gorilla*, by Peggy Rathmann (Putnam Juvenile, 1996)
- *Goodnight Moon*, by Margaret Wise Brown (HarperFestival, 1991)
- *Llama Llama Nighty-Night*, by Anna Dewdney (Viking Juvenile, 2012)
- *Noodle Loves Bedtime*, by Marion Billet (Nosy Crow, 2011)
- *Peekaboo Bedtime*, by Rachel Isadora (Putnam, 2008)
- *Say Goodnight*, by Helen Oxenbury (Little Simon, 1999)
- *Sleepy, Oh So Sleepy*, by Denise Fleming (Henry Holt, 2010)
- *Ten, Nine, Eight*, by Molly Bang (Greenwillow, 1996)
- *Twinkle, Twinkle, Little Star*, by Jerry Pinkney (Little, Brown, 2011)

Songs

This storytime includes five songs. The same opening and closing songs should be used each week if you are holding a series of storytime programs. Always provide movements or motions to accompany each song, but keep these simple, such as the caregiver rocking the baby back and forth, bouncing the baby in time to the music, or clapping the baby's hands. Using recorded music during the storytime is fine, although it's best to sing the songs with a live voice, or sing along with simple recordings, so that very young children can hear the words and the sounds making up each word. Recorded music is often sung too fast for this purpose. For your reference or to play during storytime, The Very Ready Reading Program includes a CD of songs recorded at an appropriate tempo. Track numbers for each recording are provided in the songlist below and on the storytime program card.

Songs for This Storytime:

- Opening Song: "If You're Happy to Be Here" (sung to the tune of "If You're Happy and You Know It") 🎧 22 🎵 23
- "Hush, Little Baby" 🎧 19
- "Twinkle, Twinkle, Little Star" 🎧 49
- "Good Night, Baby" (sung to the tune of "Twinkle, Twinkle, Little Star") 🎧 14
- Closing Song: "The More We Get Together" 🎧 28 🎵 29

Rhymes

This storytime includes three rhymes, with movements to accompany them. Caregivers perform the movements with the child, depending on the child's ability. For babies, the caregiver can move the child's hands, fingers, and body, or otherwise help the baby execute the movements. Young toddlers may be able to do the movements themselves, or may need a little help. Keep in mind that children up to 24 months of age have not developed fine motor skills to the same degree as older toddlers and preschoolers; open and close motions are better than, say, putting one finger down at a time. The Very Ready Reading Program storytimes include different types of movement rhymes for variety, such as bounce/lift, finger/hand, and toe/foot rhymes.

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Rhymes for This Storytime:

- “Time for Bed” (finger/hand)
- “Star Light, Star Bright” (finger/hand)
- “Thelma Thumb” (finger/touch)

Activities

This storytime includes an optional theme-related activity, to be completed after the closing song. Below are three to choose from, including at least one that is suitable for the youngest babies. The activity you choose might depend on the size or predominant age of your audience, the amount of time you have to prepare, your space or environment, and the materials needed. The activities are designed with safety and the very limited attention spans of babies and young toddlers in mind. However, always keep in mind and remind caregivers: **Any time an activity involves materials such as paint, sand, string, or small pieces, close adult supervision is required.** Although each activity has a learning aspect, the emphasis should be on fun!

Activity Suggestions:

Star on a Stick. Have caregivers make a star for their child like the star used in the storytime, so that they can use it at home when singing “Twinkle, Twinkle, Little Star.” Cut a yellow star out of construction paper or cardstock, and have the caregiver attach it to a tongue depressor or plastic straw. The child can decorate one side of the star with a large chunky crayon. The caregiver can draw a face on the other side of the star with a crayon or marker.

Catch a Star. Attach stars to bean bags, and invite children and parents to play a game of catch. Suggest that parents with babies place the “star” on the baby’s head, shoulder, tummy, and toes while playing a recording with nighttime songs.

Night Skies. Provide black construction paper and white crayons, and invite little ones to create a night sky. Optional: Provide a few stick-on stars to add to their night sky creations.

Early Literacy Tips

Promote the **7 Days • 7 Ways** principles with parents and caregivers by emphasizing the three early literacy tips found in the yellow boxes in the storytime program.